Oxfordshire Guardian
ABINGDON & surrounding villages

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SEE INSIDE

Thursday, July 28 - Wednesday, August 3, 2016
Advertising/Newsdesk: 01235 511700
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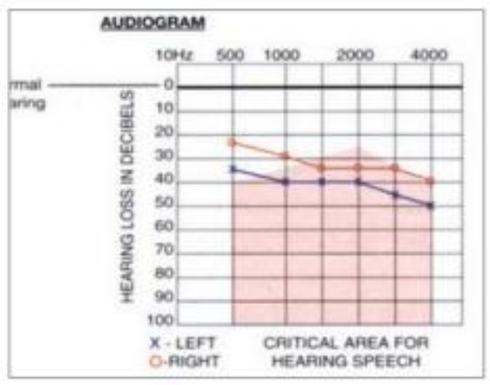
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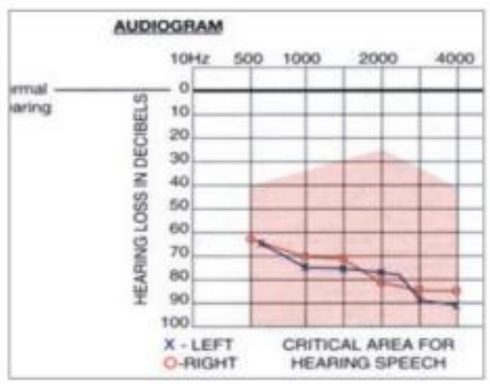
AUDIOGRAM
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HEARING LOSS IN DECIBELS
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X - LEFT
O-RIGHT
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Plea over Guildhall plans
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Residents air fears over 900-home bid

PLANS for a controversial 900-home development on Green Belt land north of Abingdon have raised concerns following two public exhibitions.

More than 1,000 people viewed developers CEG's initial plans for the site, which lies in the parish of Sunningwell, at consultations held at the town's Trinity Church and Tilsley Park last week.

By **Dominic Thomas**

The size of the development and its location, near the A34 between Abingdon and Oxford, has worried some local campaign groups.

Robert Warne , of the group SPADE (Sunningwell Parishioners against Damage to the Environment), said: "It was a very generalised exhibition and there was nothing out of the ordinary, and plenty of vague responses.

"There are a number of things that concern us. One is that there's no real handle on the numbers, it's already gone up to 900 and nobody at the exhibition was able to commit themselves to any number. We also have concerns about traffic noise with the houses being quite close to the A34.

"They plan to put some embankment in, which may absorb some of the noise there but there may be some reflection back on to Sunningwell."

Brian Wood, of the Campaign to Protect Rural England, said: "At this stage, we think that the housing numbers are overstated and unnecessary.

"The north Abingdon site is also particularly dangerous because it's on the Green Belt and it brings Abingdon too close to Oxford."

Vale of White Horse district councillor Debby Hallett, who was also among

• Continued on page 3

Queen toasted at end of swan count

THE royal flotilla of swan markers rowed into Abingdon on Friday for the culmination of the annual Swan Upping.

The royal swan markers arrived at the end point of their five-day voyage down the Thames after making a census of the Queen's swans, and assessing the health of cygnet populations.

David Barber is the Queen's royal swan marker and led the flotilla from Sunbury-on-Thames.

He said: "Every family of swans we come across, we circle our boats around them, take them out of the water, take them ashore, measure them, weigh them and check them for any injuries.

"Unfortunately, this year we're quite short of cygnets, last year we had 83, the year before was 120, and this year we've only had 65.

"Throughout the week, schools are invited down, they see the swan uppers, we talk to them about the boats we use, the river, the wildlife on the Thames and, of course, the swans, and if they're really lucky we will have cygnets there for them to look at and it's really exciting."

• *The swan uppers celebrate the end of their journey down the Thames with a toast to the Queen*

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Councillors condemn big rise in hate crime

By **Dominic Thomas**

CITY councillors in Oxford voted unanimously in favour of condemning a rise in hate crimes following the EU referendum.

They backed the cross-party motion put forward by Cllr John Tanner at a council meeting on Monday. It followed a 20 per cent national rise in hate crimes reported in the wake of the referendum decision to leave the EU, according to figures from the National Police Chiefs Council.

Cllr Tanner said he was proud of the people of Oxford for voting to remain, but said: "One of the things which disturbs me most is the rise in expressions of hatred toward foreigners or people perceived to be foreigners that has come about.

"This is being used by some very strange people that are using the Brexit vote as a cover to feel that they can openly express their racial hatred."

He pointed out how the incidents did not just affect EU migrants: "Unfortunately Eastern Europeans are sometimes the butt of this abuse, but it's just as likely that it could be somebody of Pakistani origin that was born and bred in this country that comes in for this abuse."

He encouraged councillors to send out the message that: "Everyone is welcome here, welcome to stay, welcome to live on an equal basis." Councillors heard from several anecdotal stories of racial abuse in Oxford in discussion of the motion.

Dr Sheik Ramzy, director of Oxford's Islamic Information Centre, who was invited to speak by Cllr Craig Simmons, said: "Last week a lady in a scarf came to me and said she had just been sat down and two or three people started attacking her with abuse.

"I've seen it myself, even young children and students shouting and effing in the street. You have to be there to see it. This is very important if you don't want a division."

Cllr Jamila Begum Azad, also shared a similar story, saying: "I just want to say one example of a Muslim woman, who was sitting with her children at a bus stop, wearing a hijab. A man said to her 'why are you wearing the scarf?' and assaulted her in front of her two children, saying 'take it off, I'll rip it off'. He also said 'leave and go home', even though she was born in the UK and her family is English."

She added: "We are proud to live in a tolerant society. Racial abuse has no place in our society. We will not allow hate to become acceptable and I ask the city council to work to ensure local authorities have support and resources to fight racism."

The motion was passed the day before reports of a racially aggravated assault on a number of young people at National Trust site Buscot Park, near Faringdon, in which one victim suffered a broken cheekbone and was taken to hospital.

Witnesses sought to fatal Cowley crash

• *The crash happened by Oxford Business Park (picture courtesy of Google)*

A MAN died after his car crashed and caught fire in the Cowley area of Oxford in the early hours of Monday.

The driver, who has not yet been identified, is believed to have died in the collision which happened at about 2.40am.

Police and fire crews found the man inside a blue Volvo S60, which was ablaze in Garsington Road.

The car left the road, went over the roundabout at Oxford Business Park South, crashed into a hedge and caught fire.

The fire service was called to extinguish the fire but the driver was confirmed dead at the scene by the ambulance service.

The road was closed but reopened at about 7am.

Police are investigating and have made an appeal for witnesses.

Investigating officer, PC Julia Stroud, of the Serious Collision Investigation Unit based in Bicester, said: "I need the public's help to piece together what happened during this collision.

"If you saw the Volvo before the collision, the collision itself or have any other information about the collision please contact police as soon as possible.

"The easiest way to contact us is by visiting your nearest police station or by calling 101 and quoting reference number 113 (25/7)."

Anybody with any information can also call Crimestoppers anonymously on 0800 555111.

• *Oxford Business Park (picture courtesy of Google)*

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News Bites

Missing girl plea

OXFORD: A missing girl from Birmingham could be in Oxford.

Fifteen-year-old Amran Yusuf left home in Lozells, west Birmingham, on July 2, but her family has not heard from her since a week last Sunday and are very worried about her wellbeing.

She was last seen by a friend in Oxford on July 20, but no contact has been made with her since.

Amran is described as black, 5ft 7ins tall with a stocky build and shoulder-length, straight black hair. She also wears glasses.

Contact police on 101.

• *Amran Yusuf has been missing for three weeks (picture courtesy of Thames Valley Police)*

Rape appeal

OXFORD: Police have released a CCTV image of a man in connection with the rape of a young woman in Oxford.

At about 2am on March 14 last year at Plush Lounge, Park End Street, a woman in her 20s met a man who later raped her at an address in Oxford.

Anybody with any information can contact police anonymously on 101.

• *Police want to talk to this man (picture courtesy of Thames Valley Police)*

Council requests opinion of town's young people

Plea over Guildhall plans

PLANS for Abingdon's 1960s Guildhall are progressing, after the town council held an open day with architects over the weekend.

The plans to improve the accessibility of the building have already received planning permission.

The council is awaiting a new costing for the scheme from developers after moves to add more features. The revised cost would then need council approval.

By **Dominic Thomas**

The initial plans for the refurbishment had already been put at £2.1 million.

Town council leader Mike Badcock, vice-chair of Guildhall committee said: "We're trying to make it usable again. It just wasn't working, so hopefully it will with the new improvements, but we are waiting to hear what the experts tell us what the costs will be."

The open day to unveil the council's plans held on Saturday, attracted around 100 visitors, with council leaders calling it a success.

Cllr Badcock, however, called on younger people to engage with the plans, saying: "If they could tell us what they would want to use it for then we can have a better idea of what plans to make, because they are the ones who will use it in the future."

Fellow town councillor Pat Lonergan also urged the community to get behind the project: "It's like when any organisation opens something new, it needs to be promoted.

"It's just about getting the balance right so that it doesn't cost too much. It's costing more than the County Hall which was funded by money from the lottery, which is not the case here, so there's more risk in that respect.

"But that's what we're here for. It would probably be cheaper for us to knock it down and build some flats instead, but the council is about trying to provide facilities for the town."

It came as the town council rejected a motion to help fund children's centres having their funding axed. Cllr Badcock said: "The town council already has major financial pressures including the ongoing Guildhall Development Project, the development of a community-led plan and the loss of grants in relation to the localisation of council tax support and the museum."

Concern on funding

• The plans (courtesy of CEG)

• From front page

those attending the exhibitions, said: "My biggest concern is the noise from the A34, but from what I saw it was a good start to the consultation. I think this development is one of the nicer developments I've seen. One good thing is that they at least used the remaining Green Belt land for playing fields."

There were also concerns about the future of long-standing proposals to remodel the Lodge Hill interchange to ease congestion on the A34.

The plans state that the developers would contribute financially to Oxfordshire County Council's plans.

Mr Warne said: "From the plans, there no longer appears any clear relationship between the development and the four-way slips at Lodge Hill, which is worrying."

Cabinet member for highways and transport David Nimmo Smith said: "It's on the council's to-do list to put two southbound slip roads but we are going to need a lot of money to do that and part of that will come from that housing.

"The money that comes from the development itself will not be enough so the council will have to start building up other sources of funding. There's also going to have to be a lot of other work to plan in that area as well as the slip roads."

• The Guildhall is set for a refurbishment

News Bites

Park's award

ABINGDON: Abbey Gardens in Abingdon has been awarded a prestigious Green Flag award.

The award is given by the environmental charity Keep Britain Tidy, to parks around the country with the highest green standards.

The park is managed by the Vale of White Horse district council and maintained by its contractor Sodexo.

Pair locked up

DRAYTON: Two occupants of a pub were locked in their cellar at knifepoint on Sunday night as it was burgled.

Three men armed with knives entered The Red Lion pub in Drayton at about 3.45am on Monday, waking the man and woman up. After locking them up, they stole cash and phones before leaving.

PC Shelley Slater said: "Fortunately, the victims were not injured during this incident, but it was a very frightening experience for them and they are understandably very distressed."

Police are urging anyone with information to call 101.

Call over flag

ABINGDON: Oxford West and Abingdon MP Nicola Blackwood has added her voice to calls for Abingdon Town Council to reverse its decision not to fly a rainbow flag during Oxford Pride. The council said it would set a precedent for flying flags of other organisations.

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Emails reveal frustration at campaign's persistence

By **Dominic Thomas**

A FREEDOM of Information (FOI) request by a protester in a bid to save a swimming pool has revealed councillors' frustrations with the campaign.

Speaking at the city's full council meeting on Monday, Nigel Gibson, of the Save Temple Cowley Pool campaign group, read from an email by Cllr Christine Simm, board member for culture and communities.

The email, dated from February 10, 2016, read: "I am sure we are all beyond frustrated by the STCP people's continued presence at council meetings."

Mr Gibson then read a further email from council chief executive David Edwards, also acquired through a FOI request, which read: "No doubt there will be an FOI - so let's make sure that correspondence is clearly marked." Mr Gibson said it showed an appalling lack of transparency on the part of the council.

The pool closed in December 2014 and faces demolition to make way for housing, having been sold to housing developer, Catalyst, which owns a 999-year lease on the site.

Mr Gibson argued that there was still a need for leisure facilities in the Cowley area, adding: "Labour councillors are not enamoured that we come back to remind you of the folly of your decision.

"But you should remember why we do this. It's the massive support we still receive whenever we meet the public."

Mr Gibson received a written response from Cllr Linda Smith, board member for leisure, parks and sport, which stated: "I understand why Temple Cowley residents who used the pool were sad to see it go, and it is true that local residents now have to travel further to swim.

"However, it has been replaced with an up-to-date, first-class facility in nearby Blackbird Leys which has resulted in a dramatic increase in users, a wider leisure offer and a reduction in carbon emissions."

Fellow campaigner Judith Harley attended the meeting to request further information about the lease held by Catalyst.

A written response from Cllr Price said that the information was publically available via its website.

• The Temple Cowley Pools

Former Cherwell School pupil denies joining IS

AN Oxford man dubbed 'Jihadi Jack' after travelling to Syria has denied joining the so-called Islamic State.

Jack Letts, 20, was thought to be the first white Briton fighting in Syria to join the jihadist terror group last year.

He has been under investigation by police since he left the country in 2015.

But speaking to broadcaster Channel 4 News on Monday, Mr Letts said he "opposes a non-Islamic system" and has no plans to return home.

In the telephone interview, he said: "I came here searching for the truth, and people of the truth, and I don't regret that I came."

He said the UK government might consider him a terrorist because he "opposes a non-Islamic system and man-made laws" but he was not a fighter.

He also described non-Muslims as "dirty".

Counter-terrorism police revealed in January they had been investigating the whereabouts of Mr Letts since March 2015 after he travelled to Syria.

He claims to have narrowly survived a bombing by the coalition with just a scratch.

The Muslim convert and former pupil of The Cherwell School told his parents he was travelling to Kuwait to study Arabic in September 2014, before secretly travelling to Syria.

He is suspected to be living in Iraq, married and living under a different name.

Mr Letts' parents are due to appear in court on January 9 accused of funding terrorism by sending money to their son. The hearing is set to last up to four weeks.

Organic farmer John Letts, 55, and book editor Sally Lane, 54, are charged with making money available for terrorism.

News Bites

Drugs offence

DIDCOT: A London man has been convicted of a drug offence in Didcot.

Driss Dekhissi, 21, of Linacre Road, Brent, pleaded guilty at Oxford Magistrates' Court last Wednesday to possessing with intent to supply heroin, a controlled class-A drug.

Police detained Dekhissi in Sandringham Road in the middle of a suspected drug deal. He will be sentenced August 19 at Oxford Crown Court.

Vehicle boost

WITNEY: Witney Community Hospital has received a new £30,000 patient vehicle.

President of Witney Rotary Club Ashley Farmer unveiled the VW Caddy Maxi at Witney Carnival earlier this month.

It was bought after fund-raising by staff, the hospital's league of friends and Rotary.

Power outage

DIDCOT: A contractor digging up cables caused a power cut to more than 1,300 homes in the Didcot area including Orchard Centre shops on Tuesday.

Cables dug up by the workers in Queensway, Didcot, caused the outage at 11.54am.

Power was restored in stages throughout the afternoon with all power reinstated at 5.56pm.

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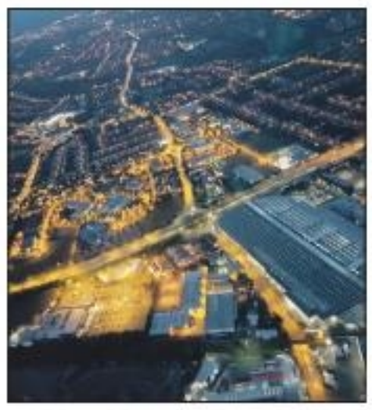
News Bites

Air operation

BLACKBIRD LEYS: A police helicopter heard in Blackbird Leys was circling after an "incident", according to the National Police Air Service based at Benson.

Residents were agitated when they heard it hovering between 9pm and 11pm on the evening of July 20 for the second night in a row.



• Oxford from a helicopter (photo by NPAS Benson)

Milkman attack

CHINNOR: A milkman was attacked by a group of teenage boys while doing his rounds in Chinnor.

It happened just after midnight on July 11 last week in High Street.

The boys kicked the 52-year-old to the ground and continued to kick him in the head.

Four boys, aged 14 to 17, have been arrested.

Oxfordshire bucks trend over use of hospital beds

By **George Welch**

THE numbers of people remaining in Oxfordshire's hospital beds when they no longer need to be there has fallen more than 45 per cent.

The latest figures for Oxfordshire buck national trends, which saw Delayed Transfers of Care (DToC) rise by 25 per cent between May 2015 and May 2016.

Oxfordshire had previously been at the bottom of the DToC 'league table'.

The improvement in Oxfordshire came after a joint initiative by Oxfordshire Clinical Commissioning Group (OCCG), Oxford University Hospitals, Oxford Health and Oxfordshire County Council.

The scheme helped move people out of hospital more quickly once they had been treated.

The £2 million initiative, launched last December, included funding extra temporary care home beds and the recruitment of more home care staff to support people in their own homes.

• John Radcliffe Hospital

David Smith, chief executive of OCCG, said: "These encouraging figures demonstrate that targeted spending and excellent co-operation between the NHS and our social care partners has made a real difference to many older, frail patients."

John Jackson, director for adult social care at Oxfordshire County Council, said: "These improvements have resulted from a consistent focus across all agencies in tackling this issue and the oversight of democratically-elected councillors in scrutinising the situation."

Meanwhile, Healthwatch Oxfordshire has submitted requests under the Freedom of Information Act to most of the region's CCGs, asking for more details of their Sustainability and Transformation (STP) plans.

Requests have been sent to the seven CCGs of Buckinghamshire, Oxfordshire and West Berkshire, which pay for most of the NHS services in the area, for copies of both the initial and current plans submitted to NHS England.

Spotlight on foodbanks

RESEARCHERS at Oxford University say one in three people helped by foodbanks last year was a child.

They have called for policymakers to reconsider the way the benefit system works.

The team from the Centre for Social Investigation at Nuffield College were studying the rising demand for emergency food in West Cheshire.

Report author Dr Elisabeth Garratt said emergency food referrals rose in 2016 and there is "every indication that foodbanks are here to stay".

"These findings show there are huge levels of poverty – even in a country as wealthy as ours. The results suggest that policymakers need to look again at the way the benefits system operates, and ensure that people in work are paid a wage they can live on."

• A foodbank in action

Last year, almost 2,900 three-day food supplies were handed out in West Cheshire.

The study also drew on more detailed data from West Cheshire Foodbank concerning the reasons for foodbank referral and how long people expected their income crisis to last.

The results show that benefit delays accounted for one in five referrals, while benefit sanctions resulted in one in 12 referrals, with one fifth of those affected by sanctions being children.

Although a large proportion of food parcels were concentrated in highly disadvantaged wards, they were distributed to people living in all 46 wards.

Younger adults, aged 17-24, and those of working-age, aged 25-64, were typically referred because of problems with their benefits.

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Group Managing Director Marcus McGee believes that Which? have endorsed Cloudy2Clear's long standing company policy of delivering the highest standards possible at all times. 'Our service is simple. If your double glazing has misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 25 year guarantee. But it's not just about saving people money, although that obviously helps. Whilst a number of tradespeople perhaps don't focus on customer care as much as they should do, we make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle.

Locally Cloudy2Clear service the Oxfordshire area from their local depots and manager James Miller agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise.'

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News Bites

Dangers game

OXFORD: The Young Driver school in Oxford has introduced a new virtual reality game to highlight dangers of driver distractions.

The app was developed by Goodyear Tyres UK and is a VR 360-degree game which uses Google Cardboard goggles.

Homes scheme

FARINGDON: A planning application for 111 homes in Faringdon has been submitted to Vale of White Horse District Council.

Crest Nicholson, a Surrey-based housebuilding company, wants to build the homes at Fernham Fields, to the south of Faringdon.

A consultation will run until August 18 with a decision date targeted for October 17.

Rail closures

OXON: Network Rail will undertake flood protection work between Oxford and Didcot Parkway from this weekend.

The work to raise the height of tracks will take place between Oxford and Didcot Parkway from Saturday, July 30, until Sunday, August 14

The line between Oxford and Banbury will be closed for signalling improvements and between Oxford and Hanborough for bridge repairs.

Protest marks a month on from EU referendum

By **Dominic Thomas**

PEOPLE in Oxford gathered on Broad Street last week to mark one month since the UK's decision to leave the European Union.

Guest speakers from the Greens and the Liberal Democrats took to the stage to discuss the future of Brexit on Thursday.

The event was organised by the pro-remain group Stand Together: Oxford, which organised a demonstration a month ago in reaction to the referendum result.

• Lib Dem MEP Catherine Bearder speaks

While the nationwide result was 52 per cent in favour of leaving the European Union, over 70 per cent of voters in Oxford voted to remain.

Speaking at the demonstration was former city councillor and ex-Mayor of Oxford Elise Benjamin, who said: "I'm really saddened about the referendum result and all that it says about how divided and broken this country is, and how broken our political system is.

"But I'm also heartened by the response of Oxford, in that we are standing in a city where 70 per cent voted remain. I think that's something to be very proud of."

She was joined by Lib Dem MEP Catherine Bearded who said: "The Lib Dems are pro-European and nothing has changed.

"We will continue to fight to make sure that if we can stop our exit we will, and that failing that we have the best exit that we possibly can and that we will campaign to get back in as soon as we can. My colleagues in Europe want us to stay.

"You want us to stay, and most of Britain wants us to stay."

Both speakers were joined by fellow campaigners for Britain to remain in the EU and spelt out their party's pledges for tackling the issue.

Among those listening at the demonstration was Ben Ewell, 20, who said: "Personally, I voted remain.

"I've been more inclined to vote for a party that is pro remain, which has changed my view as I'm a Labour supporter and if the Lib Dems are pro-remain then it will definitely change my voting at the next election."

Mark Burton, 31, also shared his opinions, saying: "I'm aware of what's happening and I feel strongly about the situation, there's so little ways to be proactive about it because there's so many forces out of our control."

He added: "I joined the Labour party but I revoked my membership. I think I joined out of desperation but I was misguided.

"I'd rather vote for something that I believe in completely."

Bike fans rev up

• The 1912 Indian

HUNDREDS of bikes and cars rolled up at The Horse and Harrow in West Hagbourne for the annual John Wheeler Bike Night last Tuesday.

The meeting of an estimated 1,500 people from the North Berkshire Motorcycle Club showed a wide variety of vehicles from all eras and styles.

There was also a trials display from members of the club, including riding over jumps and hazards such as cars.

Among the most impressive bikes on show was a classic 1912 Indian, which had been rebuilt from parts brought back from Tanzania by club president John Lane.

There were also trophies awarded to various classes at the show, with the best competition bike being won by Julian Wigg, from Winslow, for his Hagon Jap grasstrack bike.

The best bike in show was won by Alan Taylor, of Drayton, for his 500cc SILK, and the prize for the best rigid was awarded to Abingdon's Roy Lewis for his AJS VTWIN.

The event is organised annually in memory of a former member of the club who passed away in 1995, with money raised being donated to the air ambulance service.

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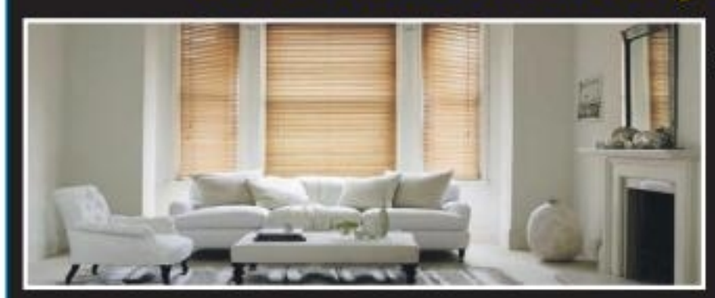

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News Bites

Refugee move

OXON: Plans to welcome more than 40 refugee children from camps near war-torn Syria have been agreed by Oxfordshire County Council.

The Home Office is keen to agree with local authorities a voluntary approach to sharing the number of refugee children across the UK.

No authority is expected to take more than 0.07 per cent of their child population, which would represent 99 children in Oxfordshire.

But the council, which currently has 55 refugee children under 18, is set to welcome about 40 more.

Trio sentenced

DIDCOT: A Didcot trio have been handed suspended sentences after stealing £13,000 worth of food and alcohol from their workplace.

Zija Kazia, Dickson Tapa and Zsolt Keszthelyi admitted one count of theft by employee after stealing food and alcohol – including malt whiskey, champagne and rum – from Chef Direct in Didcot.

The catering supplier has a base in Basil Hill Road.

Sentencing at Oxford Crown Court on July 15, Recorder Nerys Jefford QC: "You were equally responsible and part of a plan to steal from your employer."

Verdict awaited on children centre cuts

By **Dominic Thomas**

PARENTS in Oxfordshire are awaiting the outcome of a judicial review into the county council's plans to close children's centres.

The case against Oxfordshire County Council's decision to cut funding to 26 out its 44 children's centres was heard on Monday and Tuesday last week.

The council took the decision to save £6 million from its annual budget after it curbed initial proposals to cut all funding to children's centre for a saving of £8m by ring-fencing £2m.

Leading campaigner with the group Save Oxfordshire Children Centres, Jill Huish, said she hoped the judges' verdict would be delivered shortly.

She said: "This really affects the council's budget so hopefully the judge will see that and make his decision quickly. I'm hoping he does it in the next week or so."

There is no set time limit on judicial rulings, with cases sometimes taking up to three months.

The case against the council was brought by parents claiming the county council had not followed proper procedure in making its decision.

It is alleged that the county council failed to carry out a needs assessment as part of its reorganisation plans.

Miss Huish said: "For me, I think it's really worrying if they haven't done a needs assessment. It's worrying if they didn't look into that when it affects 30,000 families."

The court heard from the campaign's barrister David Wolfe how at the time of making the decision "there was still the proposition that savings would be achieved without closing children's centres".

"So insofar as you [councillors] have an understanding of the potential impact of this, you are being told it would maintain frontline services... at the point councillors are making a decision."

In response to the allegations, the council's barrister Peter Oldham said: "An awful lot has moved forward – you can't turn back time."

Miss Huish, who had been campaigning for months, said: "We have contingency plans that run well into next year. Whatever the outcome, we won't stop fighting this.

"We can't see that there's ever been a judicial review into children's centres before and we are in touch with different groups around the country as this is happening all the time."

• *Parents campaign about cuts in Oxford (photo by Pier Corona)*

Trust leads bid to improve mental health treatment

A NETWORK of NHS trusts across the south of England and an Oxfordshire-based charity have won a bid to improve care for adult mental health service users who may be a risk to others.

Oxford Health NHS Foundation Trust will be leading services across one of the six sites testing new approaches to delivering mental health care nationwide.

The initiative is part of NHS England's 'Implementing the Five Year Forward View for Mental Health' report, published last week.

Under the initiative led by Oxford Health, seven organisations which specialise in providing mental health care will work together to co-ordinate inpatient and community-based services across Buckinghamshire, Oxfordshire, East and West Berkshire, Hampshire, the Isle of Wight, and Dorset.

In addition to Oxford Health, the organisations include Response, an Oxfordshire-based charity that provides home-based mental health care. The network aims to provide care closer to home and reduce the need for hospital admissions and out-of-area treatments.

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News Bites

Women rob man

BANBURY: A man suffered injuries to his face and arm when he was robbed in Banbury's St Mary's churchyard.

The 43-year-old victim was treated at the Horton General Hospital after the attack at 8.15pm on Tuesday, July 19.

Three Banbury women, aged 32, 33 and 34, were arrested and bailed until August 12.

Inquest opens

OXFORD: An inquest has been opened into the death of Oxford City FC's managing director Colin Taylor, 62, who was found hanged at the club's Marsh Lane stadium shortly after 9am on July 17. The inquest was adjourned for a full hearing on November 2.

Woman jailed

OXFORD: A Newbury woman has been jailed after stealing a wallet during choir rehearsals at Wesley Memorial Methodist Church in Oxford.

Laura Emery, 37, of Crawford Place, Newbury, pleaded guilty to three counts of receiving stolen goods, three counts of theft and three counts of fraud.

At Reading Magistrates' Court on July 15, she was given 10 weeks' imprisonment plus a suspended 16-week term following a number of other thefts in the Newbury area.

Bus services axed

By **Dominic Thomas**

OXFORDSHIRE said goodbye to 54 bus routes on Wednesday last week after Oxfordshire County Council withdrew its funding for all 118 subsidised routes.

The move saw the end of subsidised bus routes in Oxfordshire as the county council made a cut of £3.7 million.

The remaining 64 bus services that are no longer subsidised are still being run commercially, but face an uncertain future. Hugh Jaeger, of Bus Users UK, said: "It's been a backward step and we think it's unnecessary because cuts to bus services are a false economy.

"We're talking an unfeasible amount of people without public transport. People without cars now face becoming disconnected from their homes and their jobs."

Oxfordshire County Council has recently launched a bookable minibus service available from 10.15am to 2.30pm to support those without access to public transport links.

Mr Jaeger said: "That is the good news, but the service is very limited. It is only available at off-peak times so will only benefit the elderly and out of work.

"Ten minibuses with the best booking system in the world would be worked off their wheels to cover the area."

So far, only two Oxfordshire town councils, Witney and Henley, have pledged to subsidise their bus routes in order to keep them running, both having set aside £10,000 to support them for the immediate future.

Mr Jaeger added: "Bus usage in Oxfordshire was higher than in any rural county in England, so for the county council to shove that in reverse is very regrettable."

A statement from the county council said: "It is important to remember that more than 90 per cent of Oxfordshire's bus network is commercially operated, which means the decision in February to end funding for subsidised services does not affect the overwhelming majority of routes."

It continued: "We do however recognise the impact on those people who may not have suitable access to public transport, and have launched a new bookable transport service - the Oxfordshire Comet – which utilises the council's minibus fleet when they are not in use, to the benefit of residents and communities."

• *The council's Comet service will help replace some lost services*

Pedestrian is killed and two others injured in M40 crash

A 45-YEAR-OLD man from Southampton was arrested on suspicion of dangerous driving after a man died in a collision on the M40 near Bicester yesterday.

One man died and two other men were injured when a lorry collided with three pedestrians at 4.17am.

Police were called to the southbound slip road of the M40's Junction 9, where a 27-year-old man was pronounced dead at the scene.

The three men had got out of a car, driven by a fourth man, stopped on the slip road. The two injured men were taken to the John Radcliffe Hospital, Oxford, along with the car's driver, who suffered shock.

Two of them were discharged, while one remains in hospital with serious head injuries. The slip road was shut until about 10am.

Det Con Ian Bailey, of Thames Valley Police's Serious Collision Investigation Unit, said: "I would like to speak to anyone who may have witnessed this collision, in which a man has tragically died. Anyone who has any information about it should call the 24-hour non emergency number on 101."

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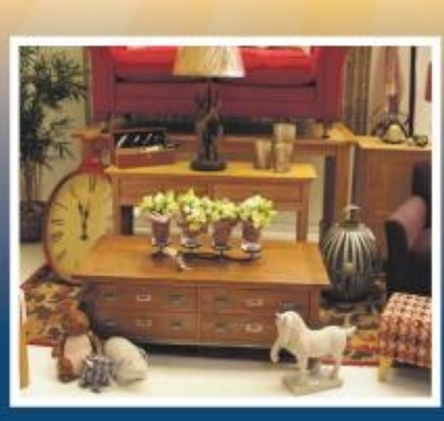

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Views sought on proposal for 600 homes

CAN Thame cope with an extra 600 homes? That is the question being asked at a meeting next week.

South Oxfordshire District Council (SODC) has launched a consultation about options for its Local Plan 2032.

It earmarks the town for the 600 houses, 1,500 square metres of food retail space, and 2.5 hectares of employment land and a reservoir nearby, on top of development included in Thame Neighbourhood Plan.

Thame Town Council is hosting a public meeting at St Mary's Church on Thursday, August 4, at 7.30pm to gauge public opinion. Changes would need a new Thame Neighbourhood Plan adopted by mid-2018.

Thame Town Council said: "Even if the defined additional needs are real, there are more appropriate (and sustainable) places for their delivery in South Oxfordshire. But the town council is prepared to be persuaded otherwise."

SODC's consultation closes on Friday, August 19, at 4.30pm.

Vale of Aylesbury is also consulting on its Local Plan which includes 5,500 homes in and near Haddenham until Monday, September 5.

Tesco refusal sparks campaign backlash

By **Katriona Ormiston**

A DECISION blocking plans to build a Tesco superstore on the outskirts of Thame has been made to protect town shops rather than benefit residents, campaigners have claimed.

A planning application to demolish an industrial building at Kingsmead Business Park and build the store, a petrol station and a car park was thrown out unanimously by members of South Oxfordshire District Council's planning committee on July 13.

But the controversial proposal had a mixed response from residents, with 688 writing in support of a Tesco for Thame, while 513 others opposed it.

As some argued Tesco would damage Thame town centre, others said residents needed somewhere other than Waitrose to do their 'big shop' without having to travel to Wheatley, Aylesbury, or High Wycombe.

The Thame Needs Tesco group, which was formed last year to back the plan, said councillors were not 'considering the bigger all-round picture'.

The group said: "In our view the decision made was not looking to the long-term future of its town and its actual residents but more the kudos of its shopkeepers."

It added: "How many members [of the committee] actually know Thame and can appreciate the full daily shopping needs of its residents - knowing Thame as a place to actually live, not just as a 'pretty and vibrant town' to visit and have a coffee?"

Thame Needs Tesco secretary Rachel Lester said she travels to Aylesbury to do her main food shop.

She added: "I think it was a very blinkered decision. People have daily needs and young families who just cannot afford to do a weekly shop in the town.

"The overall impression I got though was that the decision was a foregone conclusion."

However, a paper petition had 1,858 signatures against the proposal and an online petition had 569 opposing it.

Thame Town Council also opposed the planning application, and an independent report commissioned by them estimated Tesco would divert £11.2 million from the town centre.

The committee refused the application, saying the plans did not include necessary infrastructure, and the site was employment land for industrial, distribution, business or storage use.

It added: "In this location the provision of a supermarket of the size proposed would divert trade from the town centre and would have an adverse impact on its viability and vitality.

"The proposal would therefore undermine the important economic and social role of the town centre and the 'town centre first' policy."

• Designs for the Tesco in Thame

News Bites

Capsule updated

BANBURY: A time capsule found as part of a housing and church development has had its contents updated.

The capsule was buried in 1957, according to its contents of newspapers and magazines, when the former Methodist Church on The Fairway was built.

The old church has been demolished as part of Cherwell District Council's Build! Programme to make way for 11 shared ownership properties and a new church.

Parishioners added items from contemporary life in Banbury and re-buried the capsule ready for future generations to find.

Market fun day

THAME: The popular Thame Market Fun Day is being held on Tuesday, August 16, in the Upper High Street car park.

Anyone interested in running a stall promoting their group or charity can apply by August 11 by contacting Chris Hurdman at: chrishurdman@btinternet.com

Mayor of Thame Linda Emery will be judging stalls to pick the 'best dressed'.

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Trio aiming high for Skye

By **Dominic Thomas**

A DAD and his two sons have set their sights high in aid of the Guardian's charity of the year Blue Skye Thinking.

Chris Wrede and Ethan, 17, and Seth, 15, flew to Tanzania on Wednesday to climb Kilimanjaro to raise money for the charity, set up in aid of their cousin Skye Hall.

Skye, of Abingdon, died in 2014 at the age of five, due to the side-effects of his cancer treatment for an aggressive brain tumour.

Chris, 52, who lives in Dorset with his family, said: "We wanted to raise money for Blue Skye Thinking as Skye is always still very much in our thoughts."

They will climb the mountain this week, despite Ethan having undergone a hip replacement just two years ago at the age of 15. Chris added: "Our climb is also a personal challenge for Ethan who spent almost a year in a wheelchair due to a slipped upper femoral epiphysis and subsequent operations to equal the length of his legs."

The Aim Skye High Appeal was set up to fund a new three-year, post-doctoral research post at the Northern Institute for Cancer Research. The charity has already raised enough to fund one four-year post since it began.

Despite being the biggest cancer killer in children and young adults, less than one per cent of research funding is spent on brain tumours, with over 350 children diagnosed each year.

• From left, Chris and his brother John with Ethan and Seth on a practice hike in the Lake District

Skye's mum Sally Hall, founder of Blue Skye Thinking, said: "Chris and the boys are the first of who we hope are many people to want to raise money for our Skye High Appeal.

"If anyone else is inspired to host their own event or undertake a challenge just take a look at the fundraising pack on our website and get planning."

To support Chris, Ethan and Seth visit https://www.justgiving.com/fundraising/Jackie-Woon1. To support the appeal visit http://campaign.justgiving.com/charity/blueskyethinking/aimskyehigh.

Plan for Hill End site is backed

PLANS to secure the long-term future of Hill End outdoor education centre have been given the green light by Oxfordshire County Council.

Cabinet members approved a business case for the Farmoor-based facility to be run by a new charitable organisation, and for the council to continue working alongside site owners Oxford University to bring the project to fruition.

The council has also agreed to provide one-off start-up and transition funding to put the new service model in place.

Both the university and the council want to ensure that Hill End continues to provide an excellent outdoor education service.

The Hill End site is owned by Oxford University and has been leased and managed by Oxfordshire County Council since 1974.

The council is currently responsible for investing in Hill End, making repairs to buildings, managing the land and running the outdoor education service there.

• Oxfordshire County Council's HQ County Hall

A consultation on the plans received 130 responses, with 89 per cent of people saying they 'agreed' or 'strongly agreed' with the idea of setting up a new charitable company taking on the centre.

Oxfordshire County Council's cabinet member for children, education and families Melinda Tilley said: "We know how highly Oxfordshire residents value the services provided by Hill End, and both the council and our partners at Oxford University are committed to ensuring schools and other visitor groups continue to benefit from all that the centre has to offer.

"Hill End has a proud history of providing life-enhancing outdoor activities for Oxfordshire's children, young people and also for the wider community."

News Bites

• The E-fit released by police

Wanted man

OXFORD: An E-fit image of a man wanted in connection with two distraction burglaries in Northway, Oxford, has been released by police.

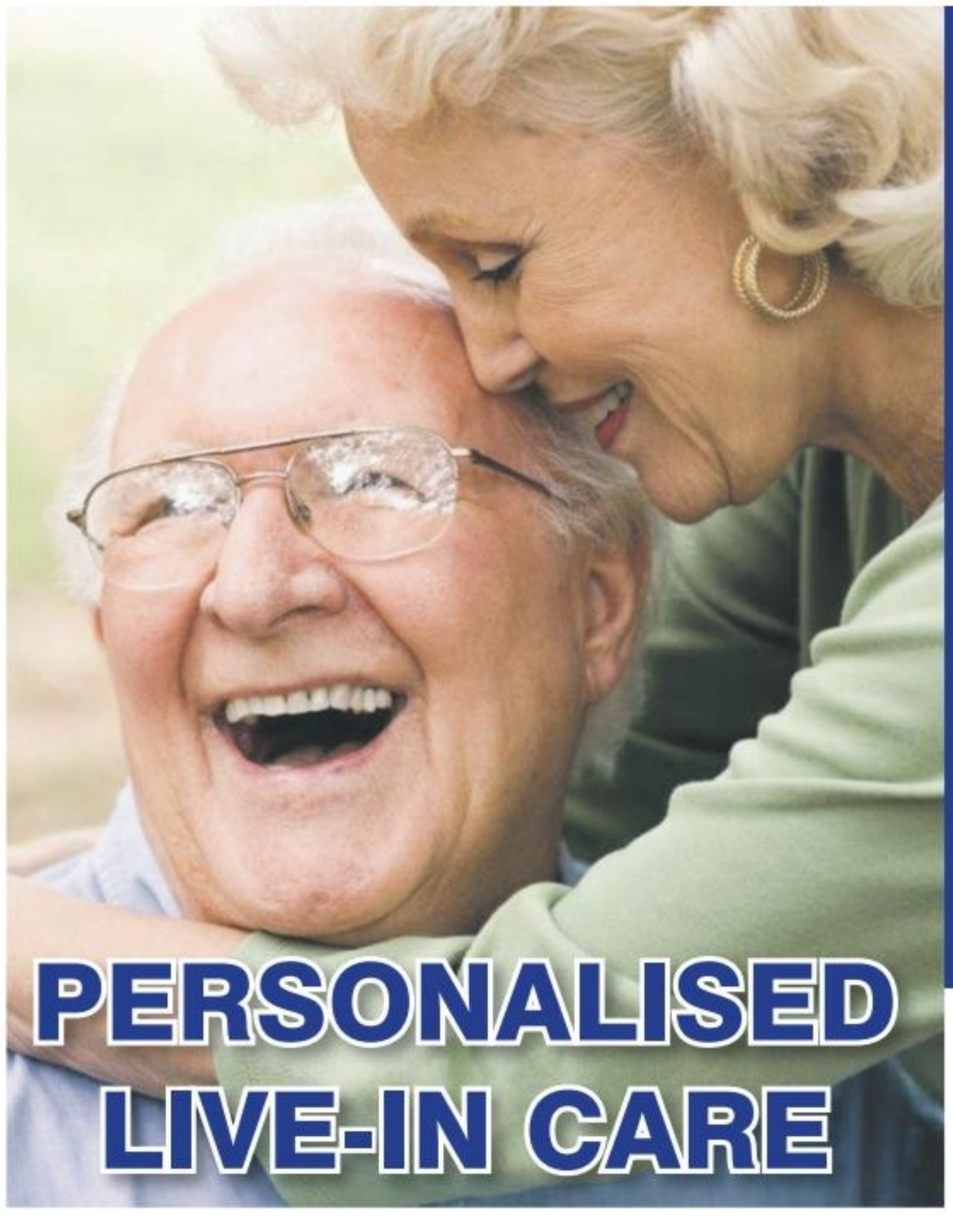
At about 8.45pm on July 14, a man and a boy gained entry to an elderly woman's home in Foxwell Drive, saying there was an issue with her water.

At about 9.20pm the same day, two men and a boy gained entry to an elderly man's home in Ambleside Drive by saying they needed to check his taps.

Searches were made at both homes, but nothing was taken. Contact police on 101.

Bound for space

OXFORD: Technology developed in Oxford which can revolutionise DNA sequencing is on its way to the International Space Station. Made by Oxford Nanopore Technologies, the MinION wasl aunched on Monday last week.



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News Bites

Boy's operation

OXON: A three-year-old boy with a life-threatening condition has undergone a successful operation at the John Radcliffe Hospital in Oxford.

Ethan Suglo, from Ghana, suffers from a serious condition called Exomphalos, which allows some of his organs to be outside his abdomen.

Last year, his father Charles met British doctors David and Jacquie Williams, who helped raise £39,000 to fly Ethan to the UK for surgery.

Home sought

OXFORD: A four metre-long model of an utahraptor dinosaur at the Oxford University Museum of Natural History is seeking a new home.

It is looking for an indoor public space that could house the Cretaceous period creature and the model will be donated free of charge to the organisation which makes the best case.

Takes up job

OXFORD: The new Bishop of Oxford has officially taken up his post after it was vacant for two years.

The Right Reverend Dr Steven Croft, formerly Bishop of Sheffield, was appointed in April after the Right Revd John Pritchard stepped down in 2014. He also sits in the House of Lords.

Support offered for psoriasis sufferers

By **Dominic Thomas**

WHILE many might be self-conscious about revealing our bodies this summer, there are a certain group of people that will struggle more than most.

About 4,400 people in Oxfordshire who suffer with the life-impacting condition psoriasis will face a familiar yearly challenge to cover up in the heat.

The condition is an autoimmune disease which causes inflammation, redness and scaliness of the skin, and is not contagious.

• A person with psoriasis

Nicola Guy, 49, of Leafield, said: "I've just accepted that I've got it and I'm fine with it, but the response to psoriasis is what I can't be bothered with. Somebody once said to me at work 'That's disgusting, you should cover that up'.

"I never had a problem when I was small because I went to a very small primary school and on the first day the teacher just said 'This is Nicola, she's got psoriasis' and nobody ever said anything. But then when I was 13 at school I became quite embarrassed when people kept saying things to me and I just used to wear these massive leg warmers."

Her sister Clare Williams, 46, also had psoriasis as a child and later developed vitiligo, a condition in which the skin loses its pigment.

She said: "I think if people understood it more, you'd get less of the strange looks from people.

"The worst thing I've had is a child who said 'I've got nice hands not like yours'. It just made me think that maybe that's what everyone is thinking and it was really hurtful."

John Warne, founder of the Psoriasis Help Organisation, which supports sufferers, said: "Luckily I've always had this attitude of making light of it.

"But it's quite hurtful when people would say things when it would be visible, even though if you saw me I was a big tough skinhead."

Mr Warne has also been campaigning for better education of GPs on skin conditions, which account for almost 25 per cent of GP visits, but dermatology accounts for just a week of medical students' entire training.

Dr Keith Freeman, who has just retired from 32 years as a dermatologist said: "In terms of the emotional impact, about a third of patients are depressed or develop anxiety disorders, and a third have difficulty in forming relationships, and about 70 per cent have a painful itch which interferes with sleep."

He said his main message would be for sufferers not to give up, adding: "We can't cure it but we can control it. There is a range of treatment available."

This week, pharmaceutical company LEO has launched a new foam spray called Enstilar to treat the condition.

Have your say online

Recycling rate in Oxford hits all-time high

PEOPLE in Oxford are recycling more than they have ever done before, according to latest figures.

The latest figures, for the year up to March 31, 2016, confirm that recycling rates for the city have reached 46.9 per cent, an increase on last year's figure of 46.3 per cent.

It means:

- 1,170 fewer tonnes of rubbish than last year for the council to collect
- 12.8 more bin lorry-loads of recycling collected
- 130 tonnes more compost produced than last year
- The amount of carbon saved by recycling food was the equivalent of taking 600 cars off the road

Cllr John Tanner, city council board member for a cleaner and greener Oxford, said: "Well done to Oxford residents for once again throwing away less and recycling more."

But the Green Party said the increase was not enough.

Green councillor and shadow portfolio holder for the environment, Cllr Ruthi Brandt, said: "These small changes – an increase in recycling rate of 0.65 per cent and reduction in landfill of 1.2 per cent are to be welcomed, but Oxford's performance is still mediocre at best."

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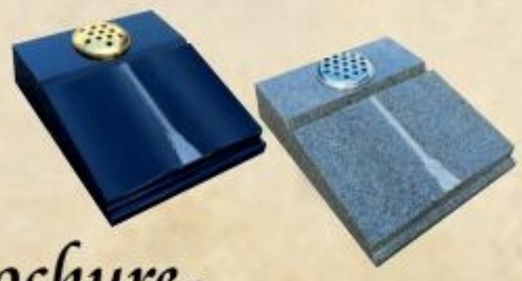

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MONEY MATTERS

Current tax issues: *Personal Tax Account*

HM Revenue and Customs are continually moving closer to a digital age of 'real time information' and this is already the case for payrolls. Within the next few years the taxman would like everyone to use a personal tax account.

The end of the 31 January rush to get one's self-assessment return in on time may be coming to a welcome end but the digital provision of information is a concern for some taxpayers. A wealth of financial information may soon be automatically given to HMRC by a variety of people, such as letting agents and even online boot sales.

Banks and the Department of Work and Pensions already provide HMRC with such information.

The process has already begun and when individuals log on to file their 2015-16 tax returns they may well find some information already there, for example their employment income or state pension.

From 2017 HMRC intend to start making PAYE coding adjustments on a monthly basis using financial information provided by third parties. Where taxpayers receive 'one off' lump sum payments during the year they will be able to enter it online when it occurs and pay the tax due on it.

By 2020 HMRC expect that the vast majority of UK residents will no longer need to file tax returns. The project is a huge undertaking by HMRC and not without concerns over the accuracy of data and the risk that taxpayers may not bother to check anything provided by a third party.

Quarterly Reporting

In addition to keeping track of one's tax affairs online self-employed individuals and landlords may be required to file details of income on a more frequent basis. From 2018 taxpayers and companies earning more than £10,000 a year from non PAYE sources will need to provide HMRC with figures quarterly. The new system aims to make the process much easier than filing a tax return and seems like a move to more timely payments of tax. Some taxpayers who usually pay their tax in arrears may initially face larger bills, which in turn could result in cash flow issues.

Timetable

By June 2016 your digital tax account can be opened

By December 2016 bank interest in excess of the personal savings allowance will be included in your PAYE code

By June 2017
taxable income can be reported online and debts can be paid like a credit card

By December 2017
automatic adjustments will be made to PAYE codes every month to avoid you over/underpaying tax via PAYE

By June 2018
your bank interest will be shown in your digital tax account

By December 2018
self-employed individuals and landlords will start updating HMRC online at least four times a year

By 2019
capital gains tax will have to be paid within 30 days of selling a second home or rental property

By 2020
all your tax affairs will be dealt with through your online account

Taxpayers who normally use an accountant or tax professional to file their annual return should not be fooled into thinking they can suddenly dispense with such services. An advisor may prove invaluable in dealing with the challenges presented by the new digital system. They will be in a position to provide valuable assistance such as: -

- already being familiar with internet filing and HMRC's systems;
- leaving the taxpayer free to concentrate on the other aspects of their business;
- advising on the most efficient ways of saving tax;
- providing expertise in liaising with HMRC on your behalf;

Good support will be invaluable throughout the process.

THE MGROUP

The above points have been highlighted by Peter Smith, a partner at The MGroup Partnership, an efficient and friendly firm of chartered certified accountants and taxation advisors with offices in Witney and Oxford. Peter can be contacted at p.smith@theMgroup.co.uk if you would like to discuss your tax affairs or for more information please contact The MGroup on (Oxford) 01865 552925 or (Witney) 01993 776476.

Disclaimer: This summary is prepared for initial information only , and professional advice should be sought before acting on any points herein. No responsibility can be accepted for loss occasioned to any person as a result of action taken or refrained from as a result of these contents.

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Ex-officer beats Potter author to crime book title

By **Katriona Ormiston**

A FORMER Chipping Norton police officer's debut book has beaten JK Rowling's alter ego to win the top prize at one of the world's biggest crime writing festivals.

I Let You Go, by Clare Mackintosh, was named best crime novel at the Theakston Old Peculier Crime Writing Festival in Harrogate last Thursday.

The mum-of-three said her children exclaimed "mummy's made it" when they discovered the Harry Potter author's pseudonym Robert Galbraith was among the shortlist.

Mrs Mackintosh, 39, worked for Thames Valley Police for 12 years, and said a hit-and-run which killed a child in Oxford while she was based at Cowley Police Station had triggered the idea for her story.

She said: "It was inspired by that incident in Oxford, although it is not just about that.

"It gave me the catalyst to go into what makes someone drive away from the scene; what goes on in their head, and the repercussions for everyone involved. It raised questions that weren't really answered. And I remember thinking 'how could the mother of this child survive something like that?'

"Years later, I lost my own son and realised then that you survive because you have to."

The book follows a woman who moves to an isolated part of Wales after her child is killed in a hit-and-run accident, and the detective who is investigating the case.

Mrs Mackintosh was presented with a £3,000 prize and a hand-carved beer barrel trophy on the opening night of the world's largest celebration of crime writing.

Mrs Mackintosh said: "The whole thing was so unexpected, I didn't have a speech ready to deliver and I just burst into tears. That kind of ruined the sophisticated crime writer image."

Mrs Mackintosh took a career break to look after her children in 2011, and was about to go back to work before signing a book deal.

I Let You Go has now sold over half a million copies.

• Oxfordshire author Clare Mackintosh with the beer barrel trophy (photo by Charlotte Graham)

News Bites

Blitz on litter

BANBURY: A green team from Cherwell District Council has been blitzing Banbury's town centre this week.

Officers started on Monday by picking litter, towing away abandoned cars, sweeping streets and removing graffiti.

Cherwell's lead member for clean and green, Debbie Pickford, said: "By the end of the week, Banbury town centre will be at its beautiful best to greet visitors and residents alike."

Festival cancelled

CHIPPING NORTON: This year's Chipping Norton Jazz Festival has been cancelled.

The event, affectionately known as "Chippy Jazz", has been a firm fixture in the town diary since 1997 and attracts world-class jazz musicians.

However, organisers announced the event which was due to be held on September 10 and 11 will not go ahead due to 'family bereavements'.

Three cut free

CHIPPING NORTON: Firefighters rescued three people trapped in a car after a crash at the Rollright Stones near Chipping Norton.

The victims were freed using hydraulic cutting gear following the two-car collision off the A3400 by the ancient stone circle near Great Rollright at 4.30pm last Wednesday, July 20.

There were no serious injuries.

Climb raises £800-plus

A CHERWELL recycling officer has raised more than £800 for charity after climbing more than 1,000m up Mount Snowdon with a wheelie bin of rubbish belted to his back.

Andrew Jenkins battled bad weather during the five hour round trip to the summit of England and Wales' highest mountain on Saturday, July 16.

The Cherwell District Council worker has raised £825 so far for WasteAid UK, a charity which helps set up practical low-cost waste services in developing countries.

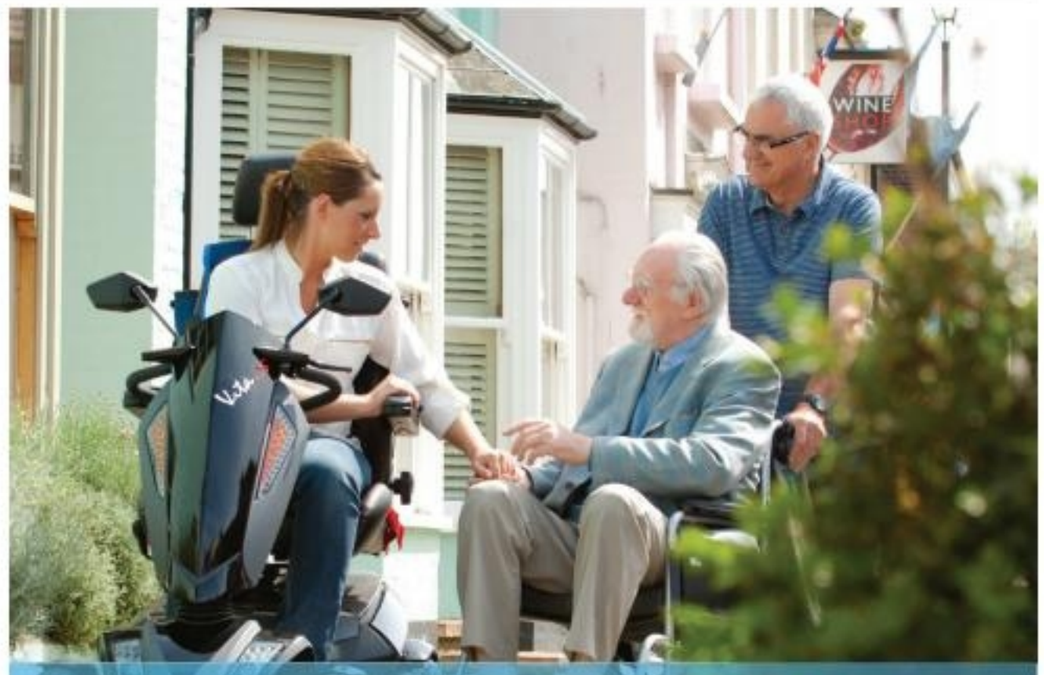
Mr Jenkins said: "I'm really proud to have helped raise so much money for a great charity.

"Working in waste I understand the impacts bad management can have, so it's great to raise money for a charity making a real difference in the developing world, even if I did have to carry a wheelie bin full of recycling up and down a mountain."

His challenge with a twist was part of a Walk for Waste fundraiser for the charity alongside other professionals.

To donate go to https://www.justgiving.com/fundraising/AndrewsWasteWalk

• Andrew Jenkins (left) made it to the summit carrying a wheelie bin



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School's Out

School is out and Cornerstone is in!

Cornerstone has the school holidays covered with a huge range of workshops to keep youngsters busy.

World Dance Day On Thursday 28 July is for all those aged 5 years plus who fancy trying their hand at different dance styles from around the globe. Styles include Bollywood, African Jazz, Khatak, Hungarian folk and more. All abilities welcome as children are encouraged to work with others and learn fun combinations of movement from around the world.

On Tuesday 2 and Wednesday 3 August, those aged 6-12 years can enjoy Dance Explorers. This two session workshop is an opportunity for young people to create a new piece of dance together which will be shown to family and friends at the end of the second session.

Science Oxford and Cornerstone join forces for a variety of Creative Science Workshops between Wednesday 3 and Thursday 4 August. From crazy kitchen chemistry, to making your own computer game, or a creative construction masterclass. There's loads to keep young minds busy.

Budding actors can create a musical in a day on Friday 5 August. Learn the songs and the words to Annie and perform to friends and family at the end of the day.

On Saturday 6 August a skeletal scaffold steam locomotive will be outside Cornerstone for a contemporary and urban dance show at 11am and 2pm. After both performances there will be a free workshop for everyone aged 10 plus to learn the skills for yourselves.

For crafty 6-13 year olds, come and try your hand at creating elephants out of milk bottles on Tuesday 9 August at Recycled Art: Milk Bottle Elephants. There will be all manner of throwaway materials available such as colourful patterned paper and sequins to make your own unique creation.

On Thursday 11 August, dress for mess and get a feel for professional clay whilst making fun and quirky pots in Clay Sculpture: Animal Pots. Your masterpieces will be professionally fired ready for collection at a later date.

Animation: Fantasy, Magic and Mayhem! is a hands-on, one-day animation workshop on Friday 12 August. Seven to 13 year olds will learn the tricks of the trade; from stop frame to flipbooks, iPad cartoons to Apps, ending with a magical mini animation.

For the littlest ones in the family, an outdoor experience awaits under-fives on Sunday 31 July. In the show Little Artist: Big Painting dancers create a larger than life painting through a colourful mixture of dance, paint and music. There's a chance for little artists to create their own big painting with the dancers after the show.

For further information and to book call Cornerstone on 01235 515144 or go online to cornerstone-arts.org

Summer Fun with the Earth Trust

Looking for some inspiration to keep the kids busy this summer? Look no further! Here at the Earth Trust we've got a whole host of activities and events throughout July and August. Earth Trust is an environmental learning charity based in Little Wittenham (OX14 4QZ); our nature reserve is home to the iconic Wittenham Clumps, as well as a working farm, beautiful wildflower meadows and shady woodlands.

Our summer holiday Clumps Club for 7-11 year olds is running from 25th-29th July, though it's filling up fast so be sure to get in touch asap if you would like to book. This year we're also trialing a Clumps Club for slightly older children (12-14yrs) on 4th and 5th August. On Thursday 4th we'll be learning all about Survival and Bushcraft, including shelter building, lighting a fire without matches and making bows and arrows! On Friday 5th we're giving youngsters the opportunity to Be a Wildlife Warden and help out with practical conservation tasks on the nature reserve. Both days are sure to be a lot of fun.

We also have two Wildlife Wednesdays during August; our roving Wildlife Wednesday visits a different Earth Trust community nature reserve each time and this summer you can find us at Mowbray Fields in Didcot on 3rd August and Wallingford Castle Meadows on 17th August. Come out and play and find out all about your local wildlife.

Older children (and adults!) may be interested in our Meteor Shower Walk on Friday 12th August. Following an informative talk and walk up the Wittenham Clumps, we'll settle down to watch the annual Perseid meteor shower (weather permitting!). Due to the timing (9pm-11pm) younger children might have to give this one a miss.

We've got plenty of drop-in sessions coming up too, including our regular Woodland Adventure for 5-8 year olds (10th and 24th August) and Discover & Play for the under-5s (22nd July and 12th August), as well as a pond dipping day for all on Sunday 7th August. There's no need to book for any of these sessions, just turn up and join in!

For full details, including prices and how to book, please see www.earthtrust.org.uk/whatson.

If you can't make it to any of our events why not pop by for a picnic or a walk up the Wittenham Clumps? There's lots to explore and a sunny summer's day is the perfect time. We hope to see you soon!

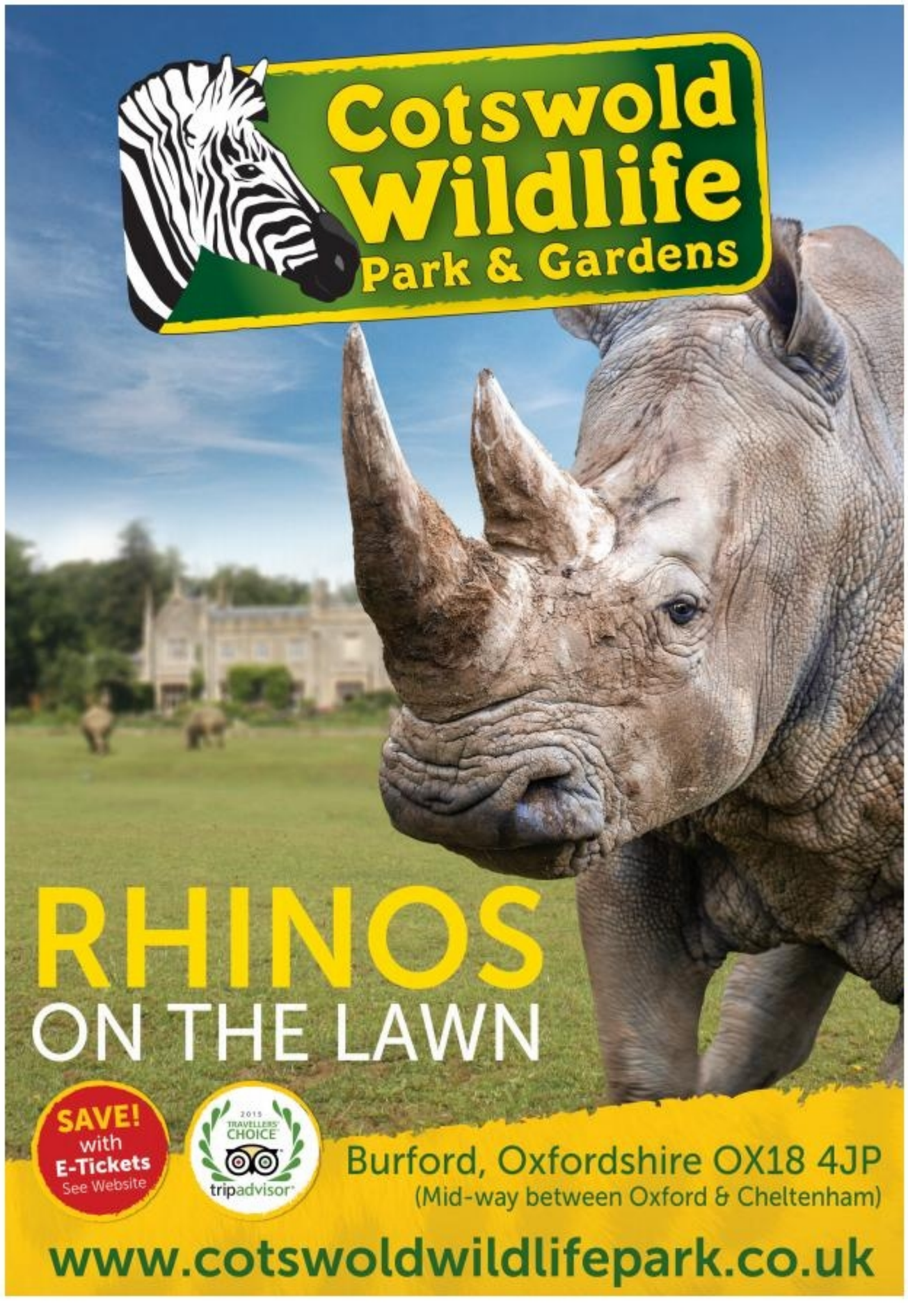
School's Out

July 23rd - August 21st 2016
Cotswold Falconry Flying Displays
Cotswold Falconry Flying Displays will be at the Park every weekend from 23rd July through to 21st August including the August Bank Holiday weekend.

August 1st - August 31st 2016
Rhino Month
Our keepers will be doing a daily talk throughout August at 2pm near the Rhino Paddock about these magnificent animals, the threats and the conservation work that is going on to try and protect them for future generations.

August 6th - August 7th 2016
Rhino Weekend
Rhino Weekend is aimed at helping raise awareness and funds for Rhino Conservation work in Africa through fun activities and competitions. The Park supports Tusk Trust and has done for many years, and we hope to generate more interest, awareness and support through this fund raising activity weekend.

Cotswold Wildlife Park and Gardens, Bradwell Grove, Burford, Oxon OX18 4JP Tel: 01993 823006
enquiries@cotswoldwildlifepark.co.uk



Summer 2016!

earth trust

22nd Jul, 12th Aug & 2nd Sep	**Discover & Play** 10am-12pm Forest School for pre-schoolers
25th-29th Jul	**Clumps Club** 9am-5pm Wild adventures for 7-11yr olds
1st & 15th Aug	**Sling Walk** 10am-11.30am
3rd Aug	**Wildlife Wednesday** 2pm-4pm At Mowbray Fields, Didcot
4th & 5th Aug	**Clumps Club** 9am-5pm Wild adventures for 12-14yr olds
7th Aug	**Pond Dipping** 10am-2pm
10th & 24th Aug	**Woodland Adventure** 10am-12pm An expedition for 5-8yr olds
12th Aug	**Meteor Shower Walk** 9pm-11pm
17th Aug	**Wildlife Wednesday** 2pm-4pm At Wallingford Castle Meadows
21st Aug	**Family Bushcraft** 10am-4pm
4th Sep	**Fantastic Foraging** 10am-2pm

Drop in; £4 suggested donation per child
Drop in; £2 suggested donation per child
Please book; prices vary

Earth Trust, Little Wittenham, OX14 4QZ
More information or to book:
01865 407792 admin@earthtrust.org.uk
www.earthtrust.org.uk

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www.chinnorrailway.co.uk

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School's Out

Swimming could be the Solution to Childhood Obesity Crisis

New research launched today suggests that Britain's children are becoming increasingly sedentary. The survey found that a quarter of UK parents don't think their kids are doing enough exercise (26%) while 4 in 10 believe their children do less physical activities than they did at the same age.

Four of the top five most popular summer holiday family activities were sedentary including cinema trips, visits to theme parks, using computers or watching dvds or leaving the kids to entertain themselves. The one physical activity to buck the trend was swimming, with over half (53%) of British families stating they will be taking a trip to their local swimming pool this summer.

The findings reflect the significant growth in swimming participation growth reported by swimming pools in Better Leisure Centres - up 38 per cent since 2012.

Public leisure brand Better is now the biggest operator of swimming facilities within both the UK public and private sectors, directly managing 112 facilities with pools.

Attracting 16 million visits per year in 2015, and over 100,000 people taking swimming lessons each week on its Better swim school, the popularity of swimming is returning with these figures representing a 12% like for like increase on the previous year.

The facilities range from The London Aquatics Centre to Leisure Pools and Outdoor lidos, providing activites like Extreme Aquasplash – a Total Wipeout style inflatable assault course - to family swimming sessions inspired by Finding Dory, there is something for all ages and abilities.

There has also been an increase in the amount of people interested in acquiring a new skill this summer with intensive swimming lessons and the Tom Daley Diving Academy providing the opportunity to learn, have fun and be inspired.

Phil Lane, Head of Sports and Participation for Better, said:

"As a nation, we've got to acknowledge we have a problem with low levels of physical activity – but part of the solution lies on our doorsteps.

"At Better Leisure Centres, we're banishing boredom with affordable and fun options for parents and kids that can help them stay entertained, fit and healthy over the summer holidays."

With the Olympic Games about to start it's hoped that the success of Team GB and watching elite athletes in action will inspire a generation of children to embrace sport. In fact, 36% of parents believe the Games will encourage their children to take up more exercise this summer, with Jessica Ennis-Hill cited as Britain's most inspiring athlete.

And its not just swimming that's on offer - youngsters can also choose from supervised taster sessions for tennis, athletics, gymnastics and much more across the holidays – freeing up parents to do other things.

GLL is committed to getting more people more active this summer - kids using their local Better Leisure Centres this summer benefit from a 30% discount and free membership card – helping them emulate their heroes of track and pool.

To take advantage of this offer parents or guardians must sign their child up for a free Better Activities for Kids Card at any Better leisure centre or online at: www.better.org.uk/summer

Better are also linking up with 'I am Team GB' to create the nation's biggest sports day on August 27th to help welcome back a successful Team GB by taking part is come and try sports sessions. www.iamteamgb.com for further info.

BETTER the feel good place

Compton Verney

Compton Verney ART GALLERY & PARK

Find out more at...

www.comptonverney.org.uk

Registered charity no. 1032478

What is Compton Verney?

Seen across the lake and majestic grounds created by Lancelot 'Capability' Brown, the 18th Century Robert Adam-designed Compton Verney could be the quintessential English country house.

But this once refined seat of nobility is anything but Warwickshire's answer to Downton Abbey, today Compton Verney is a vibrant and nationally important art gallery and park.

In the late 1700s Compton Verney was transformed into the magnificent Georgian mansion by Britain's most gifted innovators: the architect Robert Adam, and the celebrated landscape designer, Lancelot 'Capability' Brown.

In 1993, Compton Verney was bought by Sir Peter Moores who painstakingly restored Compton Verney while putting together a collection artworks including ancient Chinese bronzes, Tudor portraits and 18th-century Neapolitan landscapes.

Today Compton Verney is home to one of Britain's most important and culturally forward-thinking art galleries. Brown's landscape is also being sensitively restored and reinterpreted, making it a haven for nature lovers, an outdoor art space and huge adventure playground for children – and the location for some fantastic exhibitions and events.

Running until 2 October is one of 2016's most feel-good exhibitions, Britain in the Fifties: Design and Aspiration which will take you on a fascinating journey down memory lane. See how design shaped and influenced people's lives whilst embodying their aspirations for the future. Although the country was still recovering from the seismic shock of the Second World War, there was a general mood of optimism, as austerity gave way to increasing affluence and burgeoning consumerism. This carried on through much of the decade, prompting Harold Macmillan's famous quote: *"Go around the country, go to the industrial towns, go to the farms and you will see a state of prosperity such as we have never had in my lifetime ...most of our people have never had it so good."*

In the years which followed the ground-breaking Festival of Britain of 1951, design played a crucial role in shaping and redefining the Brave New World of a modernising and increasingly prosperous Britain. Britain in the Fifties traces the design journey of a notional young British couple and conjures the social and cultural landscape of this fascinating time.

For more information follow @ComptonVerney on Twitter, like the Compton Verney Facebook page or visit www.comptonverney.org.uk

Dog Show with a difference at Compton Verney

There's the perfect day out for all the family – those with two legs and four - on 21 August as the award winning, national art gallery Compton Verney hosts its first ever dog show.

Explore the Grade I-listed Georgian mansion and 120 acres of Grade II-listed Lancelot 'Capability' Brown parkland, maybe see the critically acclaimed *Britain in the Fifties: Design and Aspiration* exhibition, before grabbing some BarBQ, a Pimms or beer and cheering on your canine companion in fun events such as *Dog with the Waggiest Tail, Best Dressed Dog, Fastest Sausage Eater, Loveliest Lady and Most Handsome Dog*.

There will also be great displays to be enjoyed including Pacesetters German Shepherd Dog Display Team, a Gun Dog Display and the hugely popular Duck Herding!

STEP BACK IN TIME TO CELEBRATE THE 1950'S WITH ALL THINGS VINTAGE!

Immerse yourself in this fabulous era among the stalls, dancing, style, vintage cars, music and more!

Wander through Ruby's Vintage & Retro Fair where there will be 50s clothes and home-ware on sale.

See and take part in dancing demonstrations, enjoy live music by the band 'Showtunes', explore the vintage cars and vans from the British Motor Museum, meet the ladies from WI for sewing demos and get a 50s makeover at the vintage pop-up hairdresser complete with 1950s make-up*.

SUMMER JUST GOT BETTER

UP TO 30% OFF* KIDS ACTIVITIES

This summer, sign your child up for a **FREE Better Activities For Kids Card** to access taster sessions and fantastic discounts on sports and activities like swimming, tennis, athletics, gymnastics and much more.

Sign up today at **www.better.org.uk/summer**

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27th August 2016
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School's Out

Full steam ahead for Didcot Railway Centre

Now recognised as being one of the leading centres of its type, Didcot Railway Centre first opened as a visitor attraction in 1967.

The Railway Centre recreates the golden age of the Great Western Railway with a fine collection of over 20 steam locomotives, many housed in the original engine shed, and a collection of passenger coaches and freight wagons

The centre now offers a wide range of features for visitors to enjoy as they wander around the site, including the original main building of the 1932 Engine Shed.

Amongst the most popular events are the centre's Steamdays, which provide visitors with a chance to ride in coaches pulled by a restored locomotive.

Summer steamdays, when there will one or more locomotives in steam for visitors to travel behind, are on all weekends through to 4 September, all Wednesdays from 27 July to 31 August, and Monday 29 August.

For full details, contact Didcot Railway Centre on 01235 817200, or visit the website at www.didcotrailwaycentre.org.uk

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Win tickets (and more) to Storms, War and Shipwrecks at the Ashmolean!

Dive into the past and discover the extraordinary story of Sicily, the island at the crossroads of the Mediterranean, through spectacular finds rescued from the sea by underwater archaeologists.

For 2500 years, Sicily was the place where the great powers of the ancient and medieval world met and fought.

Phoenicians, Greeks, Romans, Byzantines, Arabs and Normans battled for control, with many of their ships sinking off the island's rocky shores. Sicily's azure waters have since become a focus for underwater exploration and dozens of shipwrecks have been recovered.

Immerse yourself in the world of the underwater archaeologist and explore the multicultural history of Sicily revealed through stunning and unusual artefacts brought up from the depths of the sea.

Win tickets

The exhibition runs until 25th September and we have 4 tickets to give away with kids under 12 getting in free. Winners will also receive goodies from the shop including a lovely orange stuffed Octopus toy, an exhibition book and an exhibition mug.

To be in with a chance of winning just answer this simple question:

Q Where is this spectacular exhibition being staged?

To enter the competition simply visit www.oxfordshireguardian.co.uk and click on competitions

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If you are an employer and interested in attending Lee's Masterclass please email: sarah.dobbs@abingdon-witney.ac.uk.

Check out our website: www.abingdon-witney.ac.uk
email: enquiries@abingdon-witney.ac.uk

Competition

WIN *Breakfast at Tiffany's* tickets for the Theatre Royal Haymarket

BREAKFAST at Tiffany's, the classic tale of Holly Golightly written by Truman Capote and so memorably portrayed by Audrey Hepburn in the iconic 1961 film, is being given a new lease of life as a stage play with music in a sparkling, sophisticated production starring the multi award-winning Pixie Lott as Holly.

Adapted by Pulitzer Prize finalist and Tony and Olivier Award-winning playwright Richard Greenberg and directed by Nikolai Foster, this tale of vivacious, good-time girl Holly Golightly and her fantastical existence in 1940s New York City, is told through the eyes of a young writer named Fred, played by Matt Barber (Downton Abbey), who is completely fascinated by this exquisite extrovert who every woman wants to be, and every man wants to be with.

With memorable songs from the era, this stylish production is set to capture the hearts of audiences and sparkle like a diamond in a Tiffany's window.

Following a tour of the UK and Ireland since March, Breakfast at Tiffany's will have a 12 week run at the Theatre Royal Haymarket.

Breakfast at Tiffany's 30 June - 17 September 2016

http://breakfastattiffanys.co.uk/

WIN TICKETS!

We have 3 pairs of best available tickets to be won to see this fantastic show.

To enter just answer this simple question:

Closing date: Friday, August 12

Q: At which London theatre will you be able to see the show?

The Theatre Royal, Theatre Royal Haymarket or London?

T&Cs: The winner will receive two best available tickets to Breakfast at Tiffany's at the Theatre Royal Haymarket, London, Monday to Thursday, 25 July - 8 September 2016, strictly subject to availability. Tickets are non-transferable. No cash alternative is available. Travel is not included.

The producers of Breakfast at Tiffany's cannot guarantee the appearance of any particular artist, which is always subject to availability, illness and holidays.

To enter this competition and more like it, go online to

www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-us

NetworkRail

Upgrading the railway near Banbury, Oxford and Didcot

30 July – 14 August 2016

We're carrying out major improvement work as part of our Railway Upgrade Plan between Leamington Spa, Banbury, Bicester North, Oxford and Didcot Parkway this summer, and lines will be closed for 16 days.

This will affect train services operated by Great Western Railway, CrossCountry and Chiltern Railways.

The train companies have worked hard to provide alternative journey solutions, so if you're planning to travel during this time please check your journey carefully at nationalrail.co.uk

@nationalrailenq #RailwayUpgradePlan

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Competition

WIN over £200 of goodies with Fopp!

THURSDAY 28th July will see the opening of a new Fopp store in Oxford, the store being located at 96-97 Gloucester Green, Oxford.

As a vibrant music and student city, Oxford is the perfect match for Fopp. Eight years after closing, Fopp is returning to Oxford to provide the very best in music, film and books at low prices. Oxford shoppers will find a wide range of vinyl, CDs, Blu-ray, DVDs, books and turntables as well as an extensive collection of music and film related T-shirts and merchandise.

Fopp began as a one-man stall in Glasgow, Scotland in 1981, selling affordable merchandise. Throughout the years Fopp has evolved and now with the addition of Fopp Oxford, it boasts nine stores throughout the UK and is considered the second largest specialist music retailer in terms of store numbers.

Oxford Fopp store manager James Eveleigh confirmed there would be live music performances in the new store, which is sure to draw mass appeal from the residents of Oxford. The first of which will be from English-based quartet Moose Blood who will be performing songs from their new album on Monday 8th August from 12.30pm.

James added "We would like to thank our many loyal customers in Oxford for their continued enthusiasm and support for the re-opening of their store. We look forward to once again providing the people of Oxford with the very best in film and music and look forward to welcoming Oxford entertainment shoppers to the brand new Fopp store this month."

As part of the opening celebration Fopp are supplying one lucky Oxfordshire Guardian reader with a pack of goodies worth over £200 that is a mixture of: classic albums on vinyl, classic British/American cinema, classic world cinema, music books and music posters

Closing date: Friday, August 12.

To be in with a chance of winning all you have to do is answer this simple question:

Q: Where in Oxford is the new Fopp store located?

To enter this competition and more like it, go online to www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-us

• Fopp Oxford

Oxfordshire Guardian Reader travel

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Riding School of Vienna
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Saturday 12 November 2016

Price Includes...

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Puzzles

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Two speed crossword

Quick Clues Across

1 Platform (6)
7 Tract of level land (7)
8 Front cutting tooth (7)
9 Rows (5)
10 Physical features of a region (9)
12 Worn scrap of cloth (3)
13 Oceans (4)
15 Row of houses (7)
17 Dislike (4)
19 Fowl (3)
21 Making obese (9)
22 Circular frame (5)
23 Rule in tyrannical way (7)
24 Force exerted by reduced air pressure (7)
25 Joins (6)

Quick Clues Down

1 Self-righteously moral (8)
2 Medical practitioner (6)
3 Sudden increase (7)
4 Over-quick (5)
5 Go back (6)
6 Unnecessary worry (4)
7 Readiness (11)
11 Entrance (4)
13 Viewed (4)
14 Proposes (8)
16 Debase (7)
18 Ditch (6)
20 Most agreeable (6)
21 Aptitude (5)
22 Sagacious (4)

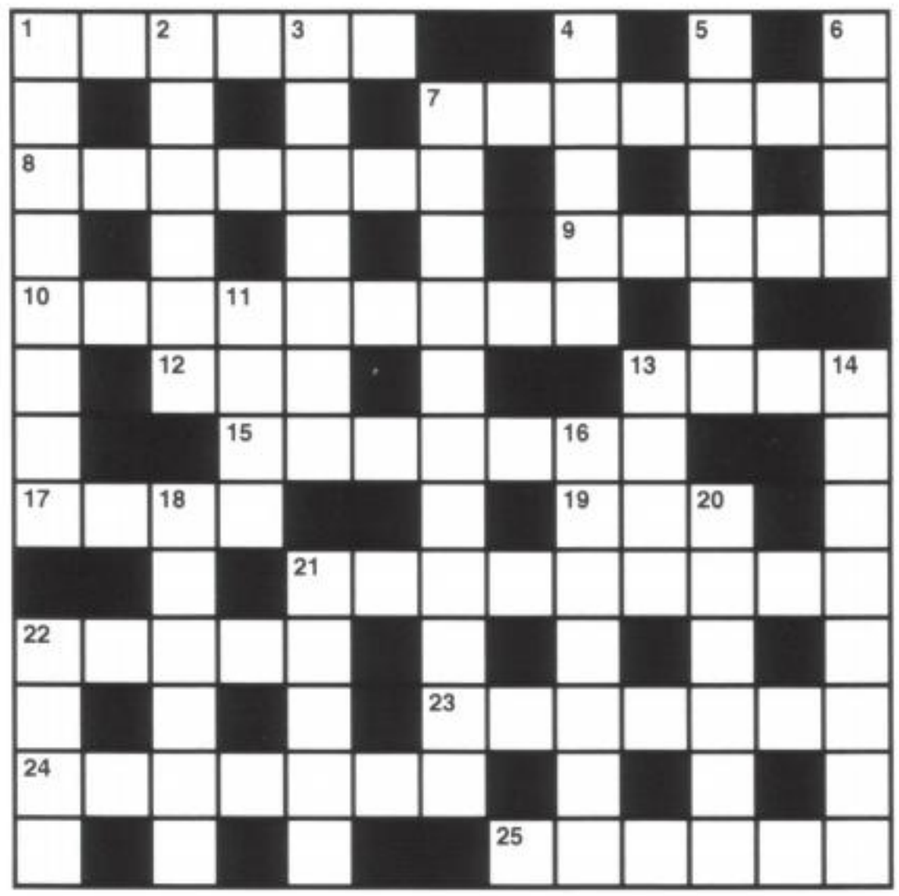
Scribble space

Cryptic Clues Across

1 Guides the saints around for ever (6)
7 Festival drink for Pygmalion's love (7)
8 Reveal how Uncle begins to take over? (7)
9 A flower for the shepherd? (5)
10 Photographs sailors, in leading parts (4,5)
12 Note the bishop's office (3)
13 Lies about a little bit of land (4)
15 They are added to sum up the last article (7)
17 The essence of trusting is truth (4)
19 It's laid quite naturally (3)
21 They are responsible for many a storm in a teacup (9)
22 Postponement of French song (5)
23 Got stung? Annoyed, of course (7)
24 Go back and buy them another meal (7)
25 A Spanish gentleman is so good-looking (6)

Cryptic Clues Down

1 Packing with different fun gifts? (8)
2 Beats the former cavities (6)
3 The clergyman had a different side charged (7)
4 Thunderous applause (5)
5 Beastly places where engine cuts out (6)
6 Russian leader got German money by the sound of it (4)
7 10 have to face up to it (6,5)
11 Food sounds suitable (but not for vegetarians) (4)
13 Shakespearian character says 'I'll have a go' (4)
14 Is so deep in stories (8)
16 Set indeed is appointed (7)
18 A lute's used to welcome (6)
20 Fast-eating sprite? (6)
21 Does key work (5)
22 Most unfair (4)



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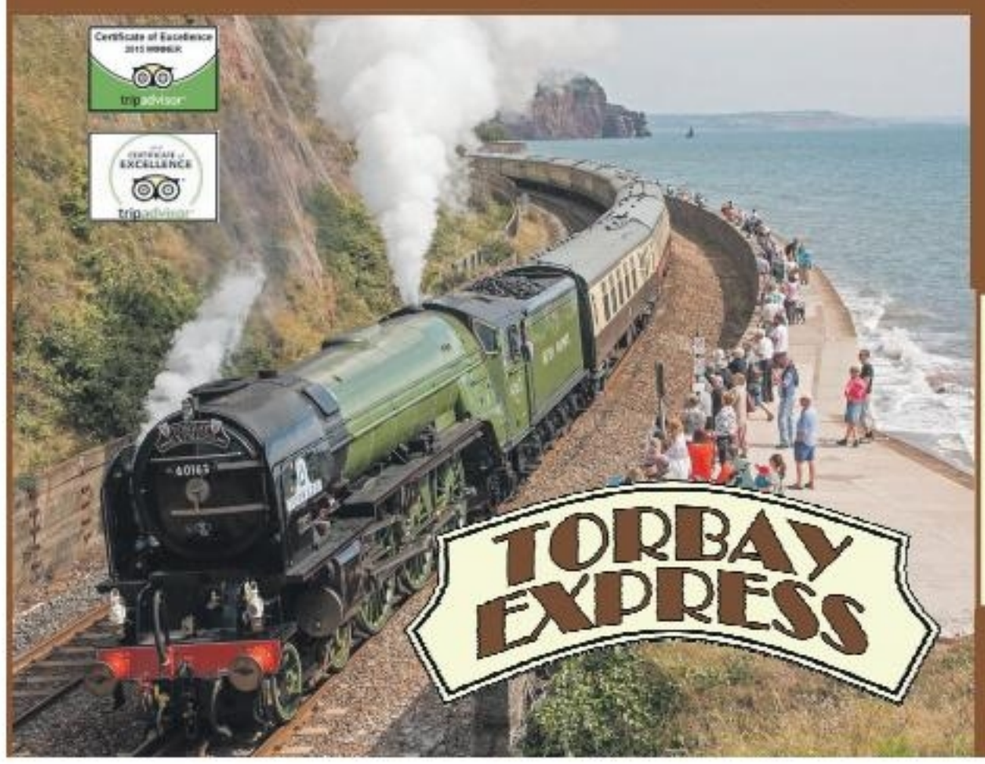

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Puzzles

Sudoku

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a unique solution.

EASY/MEDIUM/HARD

8				6		9	2	
1	5					7	4	
			7	1		3		6
		1	6				9	
3	9		5		2		6	4
	7				4	8		
4		2		5	7			
	8	3					1	5
	6	9		2				3

1		9				6		7
	5						2	
	2		6		7		4	
		8		3		5		
	3		5		1		9	
		1		9		2		
	6		7		4		8	
	8						1	
7		4				3		5

	9				4			
5				1			3	
	2	1			8	7		
			2				7	3
		3				1		
9	6				5			
		5	8			3	6	
	4			7				2
			6				5	

This week's solutions

8	3	7	4	6	5	9	2	1
1	5	6	2	3	9	7	4	8
9	2	4	7	1	8	3	5	6
2	4	1	6	8	3	5	9	7
3	9	8	5	2	7	1	6	4
6	7	5	1	9	4	8	3	2
4	1	2	3	5	7	6	8	9
7	8	3	9	4	6	2	1	5
5	6	9	8	2	1	4	7	3

1	4	9	8	2	3	6	5	7
6	5	7	1	4	9	8	2	3
8	2	3	6	5	7	1	4	9
4	9	8	2	3	6	5	7	1
2	3	6	5	7	1	4	9	8
5	7	1	4	9	8	2	3	6
3	6	5	7	1	4	9	8	2
9	8	2	3	6	5	7	1	4
7	1	4	9	8	2	3	6	5

8	3	7	4	6	5	9	2	1
1	5	6	2	3	9	7	4	8
9	2	4	7	1	8	3	5	6
2	4	1	6	8	3	5	9	7
3	9	8	5	2	7	1	6	4
6	7	5	1	9	4	8	3	2
4	1	2	3	5	7	6	8	9
7	8	3	9	4	6	2	1	5
5	6	9	8	2	1	4	7	3

7	9	6	3	5	4	2	8	1
5	8	4	7	1	2	6	3	9
3	2	1	9	6	8	7	4	5
2	5	3	4	8	7	1	9	6
4	1	8	2	9	6	5	7	3
9	6	7	1	3	5	4	2	8
1	7	5	8	2	9	3	6	4
6	4	9	5	7	3	8	1	2
8	3	2	6	4	1	9	5	7

Quick Crossword

Across: 1 Podium 7 Plateau 8 Incisor 9 Tiers 10 Geography 12 Rag 13 Seas 15 Terrace 17 Hate 19 Hen 21 Fattening 22 Wheel 23 Oppress 24 Suction 25 Unites

Down: 1 Priggish 2 Doctor 3 Upsurge 4 Hasty 5 Recede 6 Fuss 7 Preparation 11 Gate 13 Seen 14 Suggests 16 Cheapen 18 Trench 20 Nicest 21 Flair 22 Wise

Cryptic Crossword

Across: 1 Steers 7 Galatea 8 Uncover 9 Phlox 10 Film stars 12 See 13 Isle 15 Addenda 17 Gist 19 Egg 21 Teaspoons 22 Delay 23 Nettled 24 Retreat 25 Adonis

Down: 1 Stuffing 2 Excels 3 Revised 4 Claps 5 Stalls 6 Marx 7 Grease paint 11 Meat 13 Iago 14 Episodes 16 Deputed 18 Salute 20 Goblin 21 Types 22 Dark

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Steeleye play Cropredy

THIS year's Cropredy Festival is expected to be a good one.

From Thursday, August 11, to Saturday, August 13, the numerous acts taking to the stage at the site near Banbury include big names such as Madness, Ralph McTell and Coco and the Butterfields.

As well as Fairport Convention, who run the festival, headlining this year's event, one of folk's most popular names in Steeleye Span, pictured, will also be performing.

See inside for more.

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Thursday July 28th

DAYTIME

BBC1

6.00 Breakfast (S) **9.15 Countryside 999** (S)(R) **10.00 Homes Under the Hammer** (S)(R) **11.00 Fake Britain** (S)(R) **11.45 Neighbourhood Blues** (S) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Red Rock** (S) **2.25 Escape to the Country** Searching for a home in rural Wiltshire. (S)(R) **3.25 Garden Rescue** (S) **4.10 Flog It!** Valuing antiques in Manchester. (S)(R) **5.10 Pointless Celebrities** Quiz show. (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S)

7

7.00 The One Show Topical stories from around the UK. (S)
7.30 EastEnders Billy confronts Jay over his discovery; (S) BBC News; Regional News (S)

8

8.00 Celebrity MasterChef The four finalists replicate John Torode's Korean fried chicken, identifying the ingredients by taste only, then cook for four of the country's most feared restaurant critics. (S)

9

9.00 Hugh's War on Waste: The Battle Continues Hugh Fearnley-Whittingstall continues his mission to reduce waste. (S)

10

10.00 BBC News at Ten (S)
10.30 BBC Regional News and Weather (S)
10.45 Matron, Medicine and Me: 70 Years of the NHS Famous faces look back at the history of the NHS. (S)(R)

11

11.30 Faster, Higher, Stronger: Katarina's Olympic Dream A profile of Team GB heptathlete Katarina Johnson-Thompson. (S)(R)

AFTER 12

12.00 Weather for the Week Ahead (S) **12.05** BBC News (S)

BBC2

6.00 Fake Britain (S)(R) **6.45 Garden Rescue** (S)(R) **7.30 The Hairy Builder** (S)(R) **8.00 Sign Zone: The Great British Sewing Bee** (S)(R) **9.00 Victoria Derbyshire** News and current affairs. (S) **11.00 BBC Newsroom Live** (S) **12.00 Nature's Miracle Orphans** (S)(R) **1.00 Golf: Women's British Open** Day one of the Major. (S) **5.15 Antiques Roadshow** The team visits St Andrews University, Scotland. (S)(R) **6.00 Eggheads** Quiz show, hosted by Jeremy Vine. (S) **6.30 The Hairy Builder** Dave Myers helps restore an art deco monastery building in North Yorkshire. (S)

7

7.00 Great American Railroad Journeys Michael Portillo travels across New York state, discovering how General Electric also leads the way in rail technology. (S)

8

8.00 Full Steam Ahead Peter Ginn and Alex Langlands work as navvies, who built the railway tracks in all conditions, and Ruth Goodman finds out what impact the railroads had on the cottage industries. (S)

9

9.00 The Refugee Camp: Our Desert Home The second part of the documentary about a refugee camp in Jordan focuses on what the future holds for the 80,000 Syrians who have made this desert city their home. (S)

10

10.00 QI With Jimmy Carr, Aisling Bea and Danny Bhoy. (S)(R)
10.30 Newsnight (S)

11

11.10 Weather (S)
11.15 The Somme 1916 – From Both Sides of the Wire The phase of the battle from the middle of July to mid-September. (S)(R)

AFTER 12

12.15 Sign Zone: Britain's Missing Young People – Panorama (S)(R) **12.45** Exodus: Our Journey to Europe (S)(R) **1.45** Shop Well for Less? (S)(R) **2.45** This Is BBC Two

ITV

6.00 Good Morning Britain (S) **8.30 Lorraine** Presented by Fiona Phillips. (S) **9.25 The Jeremy Kyle Show** (S)(R) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News;** Weather (S) **1.55 ITV Regional News;** Weather (S) **2.00 Judge Rinder** Real-life cases in a studio courtroom. (S)(R) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** Game show, hosted by Ben Shephard. (S)(R) **5.00 The Chase** Quiz show, hosted by Bradley Walsh. (S)(R) **6.00 ITV Regional News;** Weather (S) **6.30 ITV Evening News;** Weather (S)

7

7.00 Emmerdale Andy fails to convince the police of his innocence. (S)
7.30 Real Stories with Ranvir Singh The parents of judo champion Stephanie Inglis talk about her motorcycle accident. (S)

8

8.00 Emmerdale Lawrence regains consciousness. (S)
8.30 Brexit – What's Your House Worth?: Tonight Jonathan Maitland investigates the housing market in post-Brexit Britain. (S)

9

9.00 The Investigator: A British Crime Story Mark Williams-Thomas explores Russell's relationship with his mistress Patricia, hearing how the couple behaved after Carole disappeared. (S)

10

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Drive Vernon Kay hosts. (S)(R)

11

11.40 Murder, She Wrote Jessica investigates two deaths at a vineyard. (S)(R)

AFTER 12

12.35 Jackpot247 3.00 Brexit – What's Your House Worth?: Tonight (S)(R) **3.25** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

6.15 3rd Rock from the Sun (S)(R) **7.35 Everybody Loves Raymond** (S)(R) **8.30 Frasier** (S)(R) **9.30 The Big Bang Theory** (S)(R) **10.30 The Simpsons** (S)(R) **11.30 Come Dine with Me** (S)(R) **12.00 Channel 4 News** (S) **12.05 Come Dine with Me** (S)(R) **1.35 Glorious Goodwood: Channel 4 Racing** (S) **4.00 The Question Jury** A new juror stirs things up by gossiping about some of the others. (S) **5.00 Couples Come Dine with Me** Three couples in Manchester take part in the dinner party competition. (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

7

7.00 Channel 4 News (S)

8

8.00 Inside Out Homes Zac Monro updates an ex-council house in south London by demolishing it and starting again. He also adds a garden office and new kitchen to a Newcastle home. (S)

9

9.00 999: What's Your Emergency? The care and support of people with mental health issues, including a man who believes he is possessed by the devil and another who cut his head after jumping off a wall. (S)

10

10.00 Ramsay's Hotel Hell Gordon Ramsay heads to the failing Lakeview hotel and restaurant on Lake Chelan in Washington state, putting the blame on the owner's inappropriate and miserly behaviour. (S)

11

11.05 24 Hours in A&E A 12-year-old girl is airlifted to St George's after falling from a cliff near her home in Hastings, and CT scans reveal she requires emergency brain surgery. (S)(R)

AFTER 12

12.05 The Job Interview (S)(R) **1.10** Saddam Goes to Hollywood (S)(R) **2.05** Child Genius (S)(R) **3.05** How School Bosses Spend Your Millions: Channel 4 Dispatches (S)(R) **3.35** Food Unwrapped (S)(R)

Channel 5

6.00 Milkshake! 9.15 The Wright Stuff Studio debate on the day's news. **11.15 To B&B the Best** (S) **12.10 5 News Lunchtime** (S) **12.15 GPs: Behind Closed Doors** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** Survivors from a helicopter crash are discovered. (S)(R) **3.10 Rosamunde Pilcher: The Unknown Heart** First of a two-part romantic drama. (S)(R) **5.00 5 News at 5** (S) **5.30 Neighbours** Steph makes a confession to Mark. (S)(R) **6.00 Home and Away** John is devastated when he learns what has happened to Skye. (S) (R) **6.30 5 News Tonight** (S)

7

7.00 Secrets of Underground Britain Rob Bell goes on a subterranean adventure under the streets of London; (S)(R) 5 News Update (S)

8

8.00 On Benefits: Life on the Dole People coping with medical and financial difficulties, featuring a family of four from Whitby who include a father with Tourette's and an autistic child; (S) 5 News Update (S)

9

9.00 Celebrity Big Brother: Live Launch New series. Emma Willis invites a fresh group of famous faces to move in together. (S)

10

11

11.05 Celebrity Big Brother's Bit on the Side New series. Rylan Clark-Neal presents the live spin-off show.

AFTER 12

12.05 SuperCasino 3.10 Benefit Beauty Queens (S)(R) **4.00** Now That's Funny! (S)(R) **4.45** Great Scientists (S) (R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals **6.20** Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.00** You've Been Framed! **9.30** Psych **10.20** Royal Pains **11.15** Dinner Date **12.15** Emmerdale **12.45** Coronation Street **1.15** You've Been Framed! **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **7.20** The Hot Desk: Ed Sheeran **7.30** You've Been Framed! **8.00** Two and a Half Men **9.00** FILM: The Bourne Identity (2002) (12) **10.00** FYI Daily **10.05** FILM: The Bourne Identity (2002) (12) **11.20** Family Guy **12.20** American Dad! **1.20** Two and a Half Men **1.45** The Vampire Diaries **2.30** Teleshopping

ITV3 SKY: 119 FV: 10

6.00 Doctor in the House **6.25** Heartbeat **7.30** Where the Heart Is **8.30** The Royal **9.30** Judge Judy **10.55** Murder, She Wrote **11.55** Love Your Garden **1.00** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** On the Buses **5.20** Man About the House **5.55** Heartbeat **7.00** Murder, She Wrote **8.00** Endeavour **10.00** Law & Order: UK **11.00** Wycliffe **12.05** Inspector Morse **2.05** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather **7.30** Top of the Pops: 1982 **8.00** Masters of the Pacific Coast: The Tribes of The American Northwest **9.00** Roger Bannister: Everest on the Track **10.00** One Night In 2012: An Imagine Special **11.40** Sinatra: All or Nothing at All **1.40** Top of the Pops: 1982 **2.15** Playing Beethoven's Fifth **3.00** Roger Bannister: Everest on the Track **4.00** Close

E4 SKY: 136 FV: 28

6.00 Hollyoaks **6.25** Coach Trip: Road Trip to Ibiza **6.50** Melissa & Joey **7.10** How I Met Your Mother **8.05** Rules of Engagement **9.00** The Goldbergs **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** Melissa & Joey **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Ibiza **8.00** The Big Bang Theory **9.00** New Girl **9.30** Angie Tribeca **10.00** Brooklyn Nine-Nine **11.00** The Big Bang Theory **12.00** Gogglebox **1.00** First Dates **2.05** Rude Tube **3.55** Angie Tribeca **4.15** Rules of Engagement **5.00** Charmed

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals **9.35** A Place in the Sun: Summer Sun **10.35** River Cottage Bites **10.55** FILM: The Thirty-Nine Steps (1959) (U) **12.55** Boudica's Lost Tribe: A Time Team Special **2.00** Wars of the Roses: A Time Team Special **3.05** A Place in the Sun: Summer Sun **5.15** Four in a Bed **7.55** Grand Designs **9.00** Love Child **10.00** 8 Out of 10 Cats Does Countdown **11.05** Britain's Benefit Tenants **12.10** Ramsay's Kitchen Nightmares USA **1.10** 8 Out of 10 Cats Does Countdown **2.15** Britain's Benefit Tenants **3.20** River Cottage Bites **3.35** Close

FILM4 SKY: 315 FV: 15

11.00 Dunston Checks In (1996) (PG) **12.45** Sunshine on Leith (2013) (PG) **2.45** Picture Perfect (1997) (PG) **4.45** The Death and Life of Charlie St Cloud (2010) (12) **6.45** The Three Musketeers (2011) (12) **9.00** Unknown (2011) (12) **11.15** Hellboy (2004) (12) **1.35** American Movie (1999) (15) **3.50** Close

DAVE SKY: 111 FV: 12

7.00 Storage Hunters **7.25** Scrapheap Challenge **8.10** Top Gear **9.00** Lizard Lick Towing **10.00** American Pickers **11.00** Storage Hunters **12.00** Top Gear **1.00** Lizard Lick Towing **2.00** American Pickers **4.00** Sin City Motors **5.00** Top Gear **7.00** American Pickers **8.00** Would I Lie to You? **9.20** QI **10.00** Dave Gorman: Modern Life Is Goodish **11.00** QI Christmas XL **12.00** QI XL **1.00** Dave Gorman: Modern Life Is Goodish **2.00** Russell Howard's Good News **3.00** Lizard Lick Towing **4.00** Close

SKY1 SKY: 106

6.00 Supergirl **7.00** The Flash **9.00** Futurama **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **1.00** Supergirl **2.00** The Flash **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Duck Quacks Don't Echo **9.00** Don't Tell the Bride **10.00** Modern Family **11.00** A League of Their Own **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **2.00** Forever **3.00** Arrow **4.00** UK Border Force **5.00** Ninja Warrior Women Tournament

SKY ATLANTIC SKY: 108

6.00 Fish Town **7.00** The Guest Wing **8.00** Cold Case **10.00** The West Wing **11.00** House **12.00** Without a Trace **1.00** Blue Bloods **2.00** Richard E Grant's Hotel Secrets **3.00** Cold Case **5.00** The West Wing **6.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** Band of Brothers **11.35** Last Week Tonight with John Oliver **12.10** Vice Principals **12.45** Ballers **1.20** Curb Your Enthusiasm **1.55** Cold Case **2.50** Six Feet Under **4.05** Fish Town

W SKY: 109

6.00 Motorway Cops **6.45** MasterChef Australia **8.05** Extreme Makeover: Home Edition **9.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Judge Faith **2.00** Motorway Cops **3.00** Extreme Makeover: Home Edition **4.00** My Dream Home **5.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** MasterChef Junior USA **9.00** Life and Death Row **10.00** EastEnders **10.40** Gavin & Stacey **12.00** Motorway Cops **1.00** EastEnders **1.35** Judge Faith **2.20** Bondi Rescue **2.45** Dynamo: Top Ten Greatest Moments **3.00** Home Shopping

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Friday July 29th

DAYTIME

BBC1

EastEnders, 8pm

6.00 Breakfast (S) **9.15 Countryside 999** (S)(R) **10.00 Homes Under the Hammer** (S)(R) **11.00 Fake Britain** (S)(R) **11.45 Neighbourhood Blues** (S) **12.15 Bargain Hunt** (S) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Red Rock** (S) **2.25 Escape to the Country** People search for their ideal rural retreats. (S)(R) **3.25 Garden Rescue** (S) **4.10 Flog It!** From Ickworth House near Bury St Edmunds, Suffolk. (S)(R) **5.10 Pointless Celebrities** (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News Programmes** (S)

7

7.00 The One Show Hosted by Alex Jones. (S)
7.30 A Question of Sport With Kelly Sotherton, Kell Brook, James Taylor and Mike Tindall; (S)(R) BBC News; Regional News (S)

8

8.00 EastEnders Whitney panics when the doctor tells her she has chlamydia. (S)
8.30 Celebrity MasterChef The remaining three competitors vie to be crowned champion. Last in the series. (S)

9

10

10.00 BBC News at Ten (S)
10.25 BBC Regional News and Weather; (S) National Lottery Update (S)
10.35 New Tricks (S)(R)

11

11.35 FILM The Sentinel (2006) (12) Spy thriller, with Michael Douglas and Kiefer Sutherland. (S)

AFTER 12

1.20 Weather for the Week Ahead (S) **1.25** BBC News (S)

BBC2

The Hairy Builder, 7pm

6.00 Fake Britain (S)(R) **6.45 Garden Rescue** (S)(R) **7.30 The Hairy Builder** (S)(R) **8.00 Sign Zone: Eat Well for Less?** Helping a family from Wales whose daughters have very different eating habits. (S)(R) **9.00 Victoria Derbyshire** News and current affairs. (S) **11.00 BBC Newsroom Live** The latest breaking news. (S) **12.00 Nature's Miracle Orphans** A woman prepares to return a bare-nosed wombat to the wild. (S)(R) **1.00 Golf: Women's British Open** Day two of the Major. (S) **5.15 Antiques Roadshow** From Farnborough, Hampshire. (S)(R) **6.00 Eggheads** (S)

7.00 The Hairy Builder (S)
7.30 Live Challenge Cup Rugby League Wigan Warriors v Hull FC (kick-off 8.00pm). Mark Chapman presents coverage of the opening semi-final from the Keepmoat Stadium in Doncaster.

10.00 Clare Balding Meets Louis Smith The host meets the British Olympic gymnast. (S)
10.30 Newsnight (S)

11.00 Artsnight – Lynn Barber Meets John Lydon (S)
11.30 Weather (S)
11.35 Keith Richards: The Origin of the Species (S)(R)

12.35 FILM Tomboy (2011) (U) 1.50 Sign Zone: Forces of Nature with Brian Cox (S)(R) **2.50** Trust Me, I'm a Doctor – Summer Special (S)(R) **3.50** This Is BBC Two (S) **5.55** Glorious Gardens from Above (S)(R)

ITV

Doc Martin, 9pm

6.00 Good Morning Britain (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S)(R) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News;** Weather (S) **1.55 ITV Regional News;** Weather (S) **2.00 Judge Rinder** Real-life cases in a studio courtroom. (S)(R) **3.00 Dickinson's Real Deal** From Shrewsbury, Shropshire. (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** Game show, hosted by Ben Shephard. (S)(R) **5.00 The Chase** Quiz show, hosted by Bradley Walsh. (S)(R) **6.00 ITV Regional News;** Weather (S) **6.30 ITV Evening News;** Weather (S)

7.00 Emmerdale Ashley and Laurel realise what Gabby has done. (S)
7.30 Coronation Street Eileen grows suspicious of Billy and Todd's relationship. (S)

8.00 Gino's Italian Escape – Islands in the Sun Chef Gino D'Acampo arrives in Palermo, the capital city of Sicily. (S)(R)
8.30 Coronation Street Eileen insists that Todd should tell Sean the truth about Billy. (S)

9.00 Doc Martin Louisa and Martin have their first therapy session together, while Mrs Tishell is surprised when her husband Clive returns and tells her he wants to give things another go. (S)(R)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 FILM The Nutty Professor (1996) (PG) Comedy remake, starring Eddie Murphy, Jada Pinkett Smith and James Coburn. (S)

Channel 4

Hollyoaks, 6.30pm

6.15 3rd Rock from the Sun (S)(R) **7.30 Everybody Loves Raymond** (S)(R) **8.30 Frasier** (S)(R) **9.30 The Big Bang Theory** (S)(R) **10.30 The Simpsons** (S)(R) **11.30 Come Dine with Me** (S)(R) **12.00 Channel 4 News** (S) **12.05 Come Dine with Me** (S)(R) **1.35 Glorious Goodwood: Channel 4 Racing** (S) **4.00 The Question Jury** The group becomes increasingly divided. (S) **5.00 Couples Come Dine with Me** Three couples in Newcastle compete. (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** Neeta worries about the new posters bearing her photograph. (S)

7.00 Channel 4 News (S)

8.00 Amazing Spaces Shed of the Year New series. George Clarke begins his annual quest for 2016 by turning his attentions to those sheds in the Unique and Historic categories. (S)

9.00 Celebrity First Dates TV weather presenter Sian Lloyd, Coronation Street actor Daniel Brocklebank and reality TV stars Jess Woodley and Musharaf Asghar go in search of romance with members of the public. (S)

10.00 Friday Night Dinner Dad spills oil on Mum's beloved carpet. (S)
10.35 Rude Tube Alex Zane counts down the top 50 pranks from the worldwide web. (S)(R)

11.35 Man Down Brian meets the woman of his dreams. (S)(R)

12.10 FILM District 9 (2009) (15) (S) **2.00** Peep Show (S)(R) **2.30** I'm Spazticus (S)(R) **3.00** Location, Location, Location (S)(R) **3.55** George Clarke's Amazing Spaces (S)(R) **4.50** Draw It! (S)(R)

Channel 5

It's Not Me, It's You, 10pm

6.00 Milkshake! 9.15 The Wright Stuff 11.15 Celebrity Big Brother: The Launch Emma Willis invites another group of famous faces to shack up together. (S)(R) **1.10 5 News Lunchtime** (S) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.10 Rosamunde Pilcher: The Unknown Heart** Conclusion. Elizabeth is torn between Duncan and Andrew. (S)(R) **5.00 5 News at 5** (S) **5.30 Neighbours** Aaron suspects Clive West is behind the attacks on Sonya. (S)(R) **6.00 Home and Away** Alf forces Roo to admit she needs help. (S)(R) **6.30 5 News Tonight** (S)

7.00 Funniest Fails, Falls & Flops Gravity takes its toll on a succession of the unwary; (S)(R) 5 News Update (S)
7.30 20 Moments That Rocked the 90s; (S)(R) 5 News Update (S)

8.00 Celebrity Big Brother Highlights from launch night as a fresh group of familiar faces make their way down the staircase into the house that for some will be their home for the next few weeks. (S)

9.00 Celebrity Big Brother's Bit on the Side (S)
10.30 Celebrity Big Brother: Live from the House Coverage of the housemates' every move.

DIGITAL

ITV2 SKY: 118 FV: 6
6.20 Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! **9.30** Psych **10.20** Royal Pains **11.15** Dinner Date **12.15** Emmerdale **1.15** You've Been Framed! **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **6.50** The Hot Desk: Adam Lambert **7.00** Funniest Ever You've Been Framed! **8.00** Two and a Half Men **9.00** FILM: Fast & Furious (2009) (12) **10.00** FYI Daily **10.05** FILM: Fast & Furious (2009) (12) **11.10** Family Guy **12.10** American Dad! **1.10** Two and a Half Men **1.35** The Cleveland Show **2.30** Teleshopping **5.45** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.25** The Royal **9.30** Judge Judy **10.55** Murder, She Wrote **11.55** Love Your Garden **12.55** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.10** Doctor in the House **4.45** On the Buses **5.20** Man About the House **5.55** Heartbeat **6.55** Murder, She Wrote **8.00** Birds of a Feather **9.00** Paul O'Grady: For the Love of Dogs **10.00** Law & Order: UK **11.00** Wycliffe **12.10** FILM: Steptoe and Son (1972) (PG) **1.15** FYI Daily **1.20** FILM: Steptoe and Son (1972) (PG) **2.00** Long Lost Family **2.50** Rory Bremner's Great British Views **4.35** Man About the House **5.00** Judge Judy **5.25** ITV3 Nightscreen

BBC4 SKY: 116 FV: 9
7.00 World News Today; Weather **7.30** BBC Proms 2016: Haitink Conducts Mahler. **9.15** Sounds of the Eighties **10.15** BBC Proms 2016: David Bowie. **12.00** David Bowie – Five Years in the Making of an Icon **1.30** The Genius of David Bowie **2.30** Sounds of the Eighties **3.30** Close

E4 SKY: 136 FV: 28
6.00 Hollyoaks **6.25** Coach Trip: Road to Ibiza **6.50** Melissa & Joey **7.10** How I Met Your Mother **8.05** Rules of Engagement **9.00** The Goldbergs **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** Melissa & Joey **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Ibiza **8.00** The Big Bang Theory **9.00** FILM: Sinister (2012) (15) **11.10** The Big Bang Theory **12.05** Tattoo Fixers on Holiday **1.10** Wasted **2.10** Gogglebox **3.05** First Dates **4.00** Rules of Engagement **4.45** Charmed **5.00** Rules of Engagement

MORE4 SKY: 138 FV: 14
8.55 Jamie's 15 Minute Meals **9.35** A Place in the Sun: Summer Sun **10.35** Food Unwrapped **11.10** FILM: Sword of Sherwood Forest (1960) (U) **12.50** Dare to Believe: Lauren Steadman **12.55** Secrets of the Saxon Gold: A Time Team Special **2.00** Brunel's Last Launch: A Time Team Special **3.05** A Place in the Sun: Summer Sun **5.15** Four in a Bed **7.55** Grand Designs **9.00** The Out-Laws **10.05** 8 Out of 10 Cats Does Countdown **12.20** Ramsay's Kitchen Nightmares USA **1.20** Love Child **2.20** 8 Out of 10 Cats Does Countdown **3.20** Kirstie's Homemade Home **3.35** Close

FILM4 SKY: 315 FV: 15
11.00 Swiss Family Robinson (1960) (U) **1.30** Fast Girls (2012) (12) **3.15** Honey, I Shrunk the Kids (1989) (U) **5.00** Millions (2004) (12) **6.55** Ferris Bueller's Day Off (1986) (15) **9.00** The Transporter (2002) (15) **10.45** Oldboy (2013) (18) **12.50** 12 Rounds (2009) (15) **3.05** Close

DAVE SKY: 111 FV: 12
7.00 Carpool **7.10** Scrapheap Challenge Top 10 **8.00** Top Gear **9.00** Lizard Lick Towing **10.00** American Pickers **11.00** Storage Hunters **12.00** Top Gear **1.00** Caribbean Premier League T20 Cricket **5.00** Top Gear **7.00** American Pickers **8.00** QI Christmas XL **9.00** QI XL **11.00** 8 Out of 10 Cats **11.30** Live Caribbean Premier League T20 Cricket. **3.20** Lizard Lick Towing **4.00** Close

SKY1 SKY: 106
6.00 Supergirl **7.00** The Flash **9.00** Futurama **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **1.00** Supergirl **2.00** The Flash **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Modern Family **9.00** A League of Their Own **10.00** The Last Ship **11.00** Zoo **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **2.00** Forever **3.00** Arrow **4.00** Road Wars **5.00** Ninja Warrior Women Tournament **5.30** Ninja Warrior

SKY ATLANTIC SKY: 108
6.00 Fish Town **7.00** Urban Secrets **8.00** Cold Case **10.00** The West Wing **11.00** House **12.00** Without a Trace **1.00** Blue Bloods **2.00** Richard E Grant's Hotel Secrets **3.00** Cold Case **5.00** The West Wing **6.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** FILM: The Fall: Decker vs Budd (2016) **10.50** Oz **1.20** Curb Your Enthusiasm **1.55** Cold Case **2.50** Six Feet Under **4.00** Fish Town **5.00** Urban Secrets

W SKY: 109
6.05 MasterChef Australia **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Judge Faith **2.00** Traffic Cops **3.00** Extreme Makeover: Home Edition **4.00** My Dream Home **5.00** Tipping Point **7.00** Extreme Makeover: Home Edition **8.00** Choccywoccydoodah: Starstruck **9.00** Dynamo: Magician Impossible **10.00** EastEnders **10.40** FILM: The Truth About Cats and Dogs (1996) (15) **12.40** Traffic Cops **1.40** EastEnders **2.15** Judge Faith **2.35** Dynamo: Top Ten Greatest Moments

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Saturday July 30th

BBC1

Casualty, 9.25pm

6.00 Breakfast (S) **10.00 Saturday Kitchen Live** (S) **11.30 Home Cooking Made Easy** (S)(R) **12.00 BBC News;** Weather (S) **12.15 Bargain Hunt** (S)(R) **1.00 Escape to the Country** (S)(R) **1.30 Inspire: The Olympic Journey** (S) **2.00 Live Challenge Cup Rugby League** Warrington Wolves v Wakefield Trinity Wildcats (kick-off 2.30pm). (S) **4.35 Celebrity Mastermind** (S)(R) **5.05 Now You See It** (S) **5.35 The Getaway Car** Car-based game show, presented by Dermot O'Leary. (S) **6.25 BBC News** (S) **6.35 BBC Regional News; Weather** (S) **6.45 Pointless Celebrities** Quiz show. (S)

7.35 The National Lottery: Five Star Family Reunion Families answer questions to win a once-in-a-lifetime reunion. (S)

8.30 The Musketeers Treville tries to protect the Dauphin from Grimaud, Gaston and the Duke of Lorraine. (S)

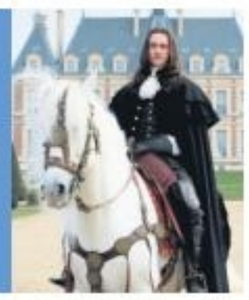
9.25 Casualty Grace discovers the truth about Connie and Jacob. Last in the series. (S)

10.15 BBC News; Weather; (S) National Lottery Update (S)
10.35 Mrs Brown's Boys Agnes falls under a hypnotist's spell. (S)(R)

11.05 Live at the Apollo Alan Carr hosts the stand-up show. (S)(R)
11.50 FILM Reign of Fire (2001) (12) Fantasy adventure, starring Christian Bale and Matthew McConaughey. (S)

AFTER 12
1.25 Weather for the Week Ahead (S)
1.30 BBC News (S)

BBC2



Versailles, 10.40pm

6.40 The Women's Football Show (S)(R) **7.10 FILM City Beneath the Sea (1970) (U)** Sci-fi adventure, starring Stuart Whitman and Robert Wagner. (S) **8.40 FILM Hotel for Dogs (2009) (U)** Family comedy, starring Emma Roberts and Jake T Austin. (S) **10.10 Homes Under the Hammer** (S)(R) **11.10 Natural World – Snow Monkeys** (S)(R) **12.00 The Hairy Bikers' Northern Exposure** (S)(R) **1.00 Flog It!** (S)(R) **2.00 Golf: Women's British Open** Day three of the Major. (S) **6.00 Cycling: RideLondon Classique** Live coverage of the UCI Women's WorldTour race. (S)

7.00 Proms Extra Tippett's A Child of Our Time and Vaughan Williams' The Lark Ascending. (S)
7.40 Gardeners' World Monty Don tackles his espaliered pear trees. (S)(R)

8.10 Grand Tours of Scotland Paul Murton visits places connected to Robert Burns. (S)
8.40 Dad's Army Mainwaring declares martial law. (S)(R)

9.10 FILM Versus: The Life and Films of Ken Loach (2016) (PG) Premiere. The celebrated director shares stories about the making of his most successful films, and details of shelved projects. (S)

10.40 Versailles While Louis proposes an audacious alliance with England, along with an unexpected envoy to negotiate it, Beatrice fears her secrets being revealed; (S)(R) Inside Versailles. (S)(R)

11.40 FILM Sweet Sixteen (2002) (18) Drama, starring Martin Compston and Annmarie Fulton. (S)

1.25 FILM Love Like Poison (2010) (15) Drama, starring Clara Augarde.
2.45 This Is BBC Two (S)

ITV

Catchphrase, 7.15pm

6.00 CITV 8.25 ITV News (S) **8.30 Weekend** (S) **9.25 Murder, She Wrote** (S)(R) **11.20 Who's Doing the Dishes?** (S)(R) **12.20 ITV News;** Weather (S) **12.35 The Wine Show** (S) **1.40 Wild Animal Reunions** (S)(R) **2.40 Doc Martin** The medic is accused of murder. (S)(R) **3.40 Planet's Got Talent** A performer who can walk on water. (S)(R) **4.10 Britain's Favourite Dogs** A countdown of the nation's 10 favourite breeds. (S)(R) **5.10 The Chase** Quiz show, hosted by Bradley Walsh. (S)(R) **6.15 ITV Regional News;** Weather (S) **6.25 ITV News** (S) **6.45 You've Been Framed! Gold** (S)(R)

7.15 Catchphrase Guessing game, hosted by Stephen Mulhern. (S)

8.00 Tom Daley: Diving for Gold A profile of the diver, looking into his relationship with fiance Dustin Lance Black, his change of coaches and his attempts to learn a new dive for the Rio Olympics. (S)

9.00 1966: A Nation Remembers Terrence Stamp narrates the story of the English football team's World Cup triumph through the eyes of those who attended matches at the tournament. (S)

10.00 ITV News; Weather (S)
10.15 FILM Crank (2006) (18) An assassin is poisoned and resorts to desperate measures to keep himself alive long enough to exact a fitting revenge. Thriller, starring Jason Statham. (S)

11.55 River Monsters A feared marine creature in Central America. (S)(R)

12.25 Jackpot247 3.00 Murder, She Wrote (S)(R) **3.50** ITV Nightscreen

Channel 4

Formula 1 2016 German Grand Prix Qualifying Highlights, 5.45pm

6.05 Gillette World Sport (S) **6.30 Motor Sport: 2016 FIA World Endurance Championship** (S) **7.00 Swansea Triathlon** (S) **7.30 Motor Sport: Mini Challenge** (S) **7.55 Everybody Loves Raymond** (S)(R) **9.00 The Morning Line** (S) **10.00 Car SOS** (S)(R) **11.00 The Superhumans Show** (S) **11.30 The Big Bang Theory** (S)(R) **12.25 Come Dine with Me** (S)(R) **1.30 Glorious Goodwood: Channel 4 Racing** (S) **4.15 A Place in the Sun: Summer Sun** (S) **5.20 Channel 4 News** (S) **5.45 Formula 1 2016 German Grand Prix Qualifying Highlights** (S)

7.30 Britain's Favourite Superhero Documentary making use of a new poll to determine which big-screen superheroes have best captured British imaginations and become the nation's favourites. (S)

9.00 FILM Iron Man 2 (2010) (12) The superhero battles a vengeful new foe, but finds the armour he created to fight evil is slowly killing him. Adventure sequel, with Robert Downey Jr and Mickey Rourke. (S)

11.30 FILM Terminator Salvation (2009) (12) Sci-fi thriller sequel, with Christian Bale and Sam Worthington. (S)

1.40 Ramsay's Kitchen Nightmares USA (S)(R) **2.30** Hollyoaks (S)(R) **4.30** Double Your House for Half the Money (S)(R) **5.25** Phil: Secret Agent Down Under (S)(R)

Channel 5

NCIS, 8pm

6.00 Milkshake! 8.25 Teenage Mutant Ninja Turtles Splinter battles his daughter Karai to save his students from mortal peril. (S)(R) **9.00 The Saturday Show Live** Topical show looking at the week's headlines. (S) **11.00 Funniest Fails, Falls & Flops** Comedy clip show featuring pranks gone wrong. Last in the series. (S)(R) **11.25 Police Interceptors** (S)(R) **3.20 Can't Pay? We'll Take It Away** (S)(R) **4.15 Can't Pay? We'll Take It Away** (S)(R) **5.15 Can't Pay? We'll Take It Away** (S)(R) **6.15 Can't Pay? We'll Take It Away** An agent is assaulted in a doorstep confrontation. (S)(R)

7.10 NCIS: Los Angeles Callen assumes an old alias to investigate the death of a taxi driver. (S)(R)

8.00 NCIS The team feverishly investigates a global terrorist group. Last in the series. (S)
8.55 5 News Weekend (S)

9.00 Celebrity Big Brother Highlights of the housemates' first full day at the mercy of Big Brother, revealing who is playing up for the benefit of the cameras and who is taking a more laid-back approach. (S)

10.00 The Funny Thing About Holidays Celebrities and comedians explore the many pitfalls of the traditional summer holiday. (S)

11.05 Family Feud – My Big Family Fallout People involved in family feuds. (S)(R)

12.00 SuperCasino 3.10 Celebrity Big Brother (S)(R) **4.00** GPs: Behind Closed Doors (S)(R) **4.50** Divine Designs (S)(R) **5.15** Nick's Quest (S)(R) **5.40** Angels of Jarm (S)(R) **5.50** Roary the Racing Car (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6
6.00 Emmerdale **8.55** Coronation Street **11.25** Funniest Ever You've Been Framed! **12.30** Ninja Warrior UK **1.30** FILM: Batteries Not Included (1987) (PG) **2.30** FYI Daily **2.35** FILM: Batteries Not Included (1987) (PG) **3.35** FILM: Bill & Ted's Excellent Adventure (1989) (PG) **4.35** FYI Daily **4.40** FILM: Bill & Ted's Excellent Adventure (1989) (PG) **5.25** FILM: King Kong (2005) (12) **6.25** FYI Daily **6.30** FILM: King Kong (2005) (12) Concluded. **9.00** FILM: The Dark Knight (2008) (12) Comic-book thriller sequel, starring Christian Bale. **10.00** FYI Daily **10.05** FILM: The Dark Knight (2008) (12) Concluded. **12.00** Family Guy **1.30** American Dad! **2.25** The Cleveland Show **2.50** Teleshopping **5.50** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 Movies Now **6.10** Where the Heart Is **8.05** Inspector Morse **10.30** A Touch of Frost **12.45** FILM: Blue Murder at St Trinian's (1957) (PG) **1.45** FYI Daily **1.50** FILM: Blue Murder at St Trinian's (1957) (PG) **2.35** Jane Eyre **4.55** Midsomer Murders **7.00** Doc Martin **8.00** Lewis **10.00** Foyle's War **12.00** Inspector Morse **2.05** ITV3 Nightscreen **2.30** Teleshopping

BBC4 SKY: 116 FV: 9
7.00 Roger Bannister: Everest on the Track **8.00** Tutankhamun: The Truth Uncovered **9.00** Beck: The Silent Scream **10.25** Imagine – Bette Midler: The Divine Miss M **11.40** Spike Milligan: Love, Light and Peace **1.10** The Kinks at the BBC **2.15** Cilla at the BBC **3.15** Top of the Pops: 1982 **3.50** Close

E4 SKY: 136 FV: 28
6.00 Jane the Virgin **6.45** How I Met Your Mother **7.35** The Mindy Project **8.30** Baby Daddy **9.30** Melissa & Joey **12.00** Rich Kids of Instagram **1.00** New Girl **1.30** The Goldbergs **3.30** Brooklyn Nine-Nine **4.30** FILM: Gulliver's Travels (2010) (PG) **6.10** Rude(ish) Tube Shorts **6.30** The Big Bang Theory **9.00** FILM: Rush Hour 3 (2007) (12) Action comedy sequel, starring Jackie Chan and Chris Tucker. **10.45** Gogglebox **12.55** Rude Tube **2.00** First Dates **2.55** Gogglebox **3.50** 2 Broke Girls **4.30** Rude(ish) Tube **4.50** Revenge

MORE4 SKY: 138 FV: 14
8.55 River Cottage Bites **9.10** Jamie's 15 Minute Meals **9.45** Come Dine with Me **12.25** Location, Location, Location **2.35** Four in a Bed **5.20** Come Dine with Me **8.00** Hitler's Hunting Experiment **9.00** The Nazi Olympics **10.00** The World's Greatest Spy Movies **11.45** 8 Out of 10 Cats Does Countdown **12.50** The Nazi Olympics **1.50** The World's Greatest Spy Movies **3.25** Hugh's 3 Good Things: Best Bites **3.35** Close

FILM4 SKY: 315 FV: 15
11.00 Captain Ron (1992) (PG) **1.00** Sister Act (1992) (PG) **3.05** Diary of a Wimpy Kid: Rodrick Rules (2011) (U) Children's comedy sequel, starring Zachary Gordon. **5.05** Napoleon Dynamite (2004) (PG) Comedy, starring Jon Heder. **6.55** Tower Heist (2011) (12) Crime comedy, with Ben Stiller and Eddie Murphy. **9.00** Predator (1987) (18) Sci-fi thriller, starring Arnold Schwarzenegger. **11.10** Bound (1996) (18) Thriller, starring Jennifer Tilly and Gina Gershon. **1.25** Alien (1979) (18) **3.45** Close

DAVE SKY: 111 FV: 12
7.00 Bush Pilots **8.00** The Best of Top Gear **9.00** Storage Hunters **10.00** Storage Hunters UK **11.00** Top Gear **3.00** Storage Hunters **4.00** Storage Hunters UK **4.30** Caribbean Premier League T20 Cricket **9.00** QI XL **10.00** Dave Gorman: Modern Life Is Goodish **12.05** QI XL **1.05** Dave Gorman: Modern Life Is Goodish **2.05** QI XL **3.00** Lizard Lick Towing **4.00** Close

SKY1 SKY: 106
6.00 The Dog Whisperer **7.00** Ashley Banjo's Secret Street Crew **9.00** The F1 Show **9.30** What's Up? **10.00** Guitar Star **11.00** David Attenborough's Galapagos **12.00** Ninja Warrior Women Tournament **1.00** Ninja Warrior **1.30** Ninja Warrior Women Tournament **2.00** Futurama **5.00** Modern Family **8.00** Agatha Raisin **9.00** The Simpsons **10.00** FILM: Underworld: Evolution (2006) (18) Action fantasy sequel, starring Kate Beckinsale. **12.00** A League of Their Own **1.00** Karl Pilkington: The Moaning of Life **2.00** Brit Cops: Law & Disorder **3.00** Road Wars **4.00** Border Security: Canada's Front Line **5.00** Gordonstoun: A Different Class

SKY ATLANTIC SKY: 108
6.00 The Petrol Age **7.00** David Attenborough's Conquest of the Skies **8.00** Cold Case **11.00** David Attenborough's Kingdom of Plants **12.00** Blue Bloods **5.00** Without a Trace **9.00** Game of Thrones **11.35** Last Week Tonight with John Oliver **12.10** Curb Your Enthusiasm **1.40** Cold Case **2.30** Six Feet Under **4.00** The Petrol Age **5.00** David Attenborough's Conquest of the Skies

W SKY: 109
6.00 Dynamo: Top Ten Greatest Moments **6.10** Best in Town **9.05** The Bill **2.10** EastEnders **4.40** Extreme Makeover: Home Edition **7.40** Outnumbered **9.00** Jonathan Creek **10.20** Sherlock **12.25** Traffic Cops **1.20** Jackpots and Jinxes: Lottery Stories **2.10** The Route Masters: Running London's Roads **3.00** Home Shopping

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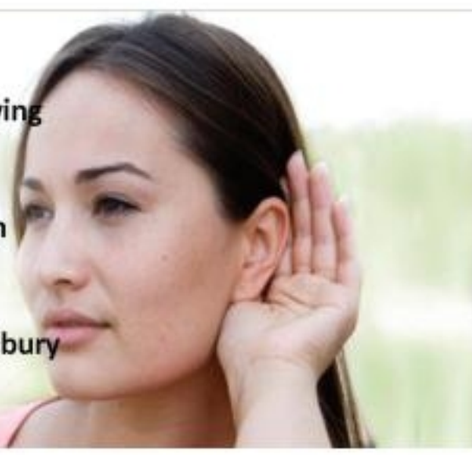

Sunday July 31st

DAYTIME

BBC1

6.00 Breakfast (S) **9.00 BBC News** (S) **10.00 Sunday Morning Live** (S) **11.00 Homes Under the Hammer** (S)(R) **12.00 Bargain Hunt** (S)(R) **1.00 BBC News;** Weather (S) **1.15 Flog It!** (S)(R) **1.55 Eat Well for Less?** (S)(R) **2.55 Songs of Praise** Josie D'Arby visits the site of the 2012 Olympics. (S) **3.30 Cycling: RideLondon-Surrey Classic** Jill Douglas presents live coverage of the race, which starts and ends in London and involves a 200km course that incorporates part of the route used in the 2012 Olympics. (S) **6.35 BBC News** (S) **6.50 BBC Regional News; Weather** (S)

7.00 Countryfile Matt Baker travels along the South Wales coastline, while Naomi Wilkinson goes punting on the river Cam and joins a member of the Wildlife Trust looking for bats. (S)

8.00 Fake or Fortune? Fiona Bruce and Philip Mould investigate a sketch which is believed to be the work of sculptor Rodin – only to stumble on a forgery scandal that rocked the French art world. (S)

9.00 The Secret Agent Heat moves to arrest Verloc in the aftermath of the bombing, while Winnie is devastated to learn the truth about her husband and goes on the run with Ossipon. Last in the series. (S)

10.00 BBC News (S)
10.20 BBC Regional News; Weather (S)
10.30 Imagine – Sir Roderick Stewart: Can't Stop Me Now (S)

11.55 Weather for the Week Ahead (S)

AFTER 12

12.00 BBC News (S)

BBC2

6.15 Glorious Gardens from Above (S)(R) **7.00 Great British Garden Revival** (S)(R) **8.00 Gardeners' World** (S)(R) **8.30 Countryfile** (S)(R) **9.30 The Beechgrove Garden** (S) **10.00 Cycling: RideLondon-Surrey 100** (S) **11.00 Saturday Kitchen Best Bites** (S)(R) **12.30 Lorraine Pascale: How to Be a Better Cook** (S)(R) **1.00 The A to Z of TV Cooking** (S)(R) **1.05 Winners with Denise Lewis** (S) **1.30 Clare Balding Meets** (S) **2.00 Golf: Women's British Open** Day four of the Major. (S) **6.40 FILM G-Force (2009) (PG)** Children's adventure, with Bill Nighy and the voice of Sam Rockwell. (S)

8.00 Robot Wars Dara O Briain and Angela Scanlon present more battles in the arena, with an untested robot making a surprising impact. Plus, judge Sethu Vijayakumar discusses his work with Nasa. (S)

9.00 Dragons' Den The panel assess the profit-making potential of business plans for wearable maps, interference-free guitar cables and keys for manhole covers. Evan Davis presents. (S)

10.00 World Cup 1966: Alfie's Boys David Jason presents a documentary about how Alf Ramsey put together the England football team that won the world cup in 1966. (S)(R)

11.30 FILM Buried (2010) (15) Thriller, starring Ryan Reynolds. (S)

1.00 Sign Zone: Countryfile (S)(R) **1.55** Holby City (S)(R) **2.55** This Is BBC Two (S)

ITV

6.00 CITV 8.25 ITV News (S) **8.30 Weekend** (S) **9.25 Murder, She Wrote** (S)(R) **11.20 Judge Rinder** Real-life cases in a studio courtroom. (S)(R) **12.20 ITV News;** Weather (S) **12.30 Rebound** (S)(R) **1.30 Long Lost Family** Helping a 74-year-old man who is haunted by a missed opportunity. (S)(R) **2.30 Love Your Garden** Transforming gardens across the nation. (S)(R) **3.35 Midsomer Murders** A paranormal mystery baffles Barnaby. (S)(R) **5.30 Masterpiece with Alan Titchmarsh** From Kentwell Hall in Suffolk. (S)(R) **6.30 ITV Regional News;** Weather (S) **6.45 ITV News** (S)

7.00 The Chase: Celebrity Special Arlene Phillips, Diarmuid Gavin, Helen Skelton and Micky Flanagan take on a trivia expert. Bradley Walsh hosts. (S)(R)

8.00 FILM Skyfall (2012) (12) James Bond hunts the mastermind behind a terrorist attack on MI6, and discovers a former agent with revenge in mind. Action thriller, starring Daniel Craig and Javier Bardem. (S)

10.45 ITV News; Weather (S)

11.00 Premiership Rugby 7s Highlights Action from the group matches. (S)

12.00 River Monsters (S)(R) **12.25** Jackpot247 **3.00** Motorsport UK (S) **3.50** British Superbike Championship Highlights (S) **4.45** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

6.15 Shipping Wars (S)(R) **7.05 The King of Queens** (S)(R) **7.55 Frasier** (S)(R) **9.30 Sunday Brunch** (S) **12.30 FILM A Goofy Movie (1995) (U)** (S) **2.00 FILM Dr Seuss' The Lorax (2012) (U)** Animated fantasy, with the voice of Danny DeVito. (S) **3.40 Location, Location, Location** Kirstie Allsopp and Phil Spencer help prospective buyers in Cardiff. (S)(R) **4.45 A Place in the Sun: Winter Sun** A couple hoping to buy a property in Florida. (S) **5.45 Channel 4 News** (S) **6.00 Formula 1 2016 German Grand Prix Highlights** Action from the 12th round of the season. (S)

8.00 Flying to the Ends of the Earth New series. Arthur Williams explores Siberia by helicopter, but when one of the aircraft crashes in deep snow, the crew is faced with a six-hour drive along treacherous ice roads. (S)

9.00 FILM The Imitation Game (2014) (12) Premiere. Biopic of Alan Turing, who broke vital Nazi codes during the Second World War, but was condemned for his homosexuality. With Benedict Cumberbatch. (S)

11.10 Friday Night Dinner Dad spills oil on Mum's beloved carpet. (S)(R)
11.45 FILM Date Night (2010) (15) Comedy, starring Tina Fey and Steve Carell. (S)

1.20 The World's Weirdest Weather (S)(R) **2.15** Walking the Himalayas (S)(R) **3.10** Cleopatra's Lost Tomb (S)(R) **4.10** Kirstie's Handmade Treasures (S)(R) **4.20** Double Your House for Half the Money (S)(R)

Channel 5

6.00 Milkshake! 9.50 Teenage Mutant Ninja Turtles (S)(R) **10.55 FILM Beverly Hills Ninja (1997) (12)** Martial arts comedy, with Chris Farley. (S) **12.35 Police Interceptors** (S)(R) **1.30 FILM Zookeeper (2011) (PG)** Comedy, starring Kevin James. (S) **3.20 FILM The Parent Trap (1998) (U)** Comedy remake, starring Lindsay Lohan. (S) **6.00 FILM Bruce Almighty (2003) (12)** God tires of a reporter's constant complaining, so passes on His powers to give him a taste of real responsibility. Comedy, with Jim Carrey, Morgan Freeman and Jennifer Aniston. (S)

8.00 Now That's Funny! Featuring dancing animals. (S)
8.55 5 News Weekend (S)

9.00 Celebrity Big Brother The ups and downs of life in the BB house as friendships and alliances are made, battle lines are drawn and arguments erupt. (S)

10.00 Ultimate Celebrity Power Couples 2016 Celebrating the world's biggest celebrity couples of 2016, with a definitive countdown based on the stars' reported wealth, media impact and political muscle. (S)(R)

11.55 Family Secrets & Lies People involved in feuds with their nearest and dearest. (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6
6.00 You've Been Framed! Gold **6.25** Emmerdale **9.25** Coronation Street **11.50** Take Me Out **1.00** Funniest Ever You've Been Framed! **2.05** FILM: Stormbreaker (2006) (PG) Spy adventure, starring Alex Pettyfer. **3.05** FYI Daily **3.10** FILM: Stormbreaker (2006) (PG) **3.55** FILM: The Wedding Planner (2001) (PG) Romantic comedy, with Jennifer Lopez and Matthew McConaughey. **4.55** FYI Daily **5.00** FILM: The Wedding Planner (2001) (PG) **5.55** FILM: Yogi Bear (2010) (U) Premiere. Comedy, with the voice of Dan Aykroyd. **6.55** FYI Daily **7.00** FILM: Yogi Bear (2010) (U) Comedy, with the voice of Dan Aykroyd. **7.30** FILM: Twilight (2008) (12) Romantic fantasy, starring Kristen Stewart. **8.30** FYI Daily **8.35** FILM: Twilight (2008) (12) Concluded. **10.00** Family Guy **11.30** Bordertown **11.55** American Dad! **12.55** The Cleveland Show **2.15** Teleshopping **5.45** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 On the Buses **6.25** Wydliffe **7.20** Heartbeat **9.30** Inspector Morse **11.40** A Touch of Frost **1.55** Agatha Christie's Sparkling Cyanide **3.50** FILM: The Pure Hell of St Trinian's (1960) (U) **4.50** FYI Daily **4.55** FILM: The Pure Hell of St Trinian's (1960) (U) **5.55** Doc Martin **8.00** The Booze Cruise 2: The Treasure Hunt **10.00** Agatha Christie's Marple **12.00** Wire in the Blood **2.50** May the Best House Win **4.35** On the Buses **5.25** Movies Now **5.35** ITV3 Nightscreen

BBC4 SKY: 116 FV: 9
7.00 BBC Proms 2016: Berlioz Romeo and Juliet **9.00** Generation '66 **10.00** Cathy Come Home **11.20** Rich Hall's Inventing the Indians **12.50** Yellowstone **1.50** Burma, My Father and the Forgotten Army **2.50** Generation '66 **3.50** Close

E4 SKY: 136 FV: 28
6.00 Rude(ish) Tube **6.25** The Mindy Project **7.05** Baby Daddy **8.00** How I Met Your Mother **9.00** The Goldbergs **10.00** Hollyoaks **12.30** Coach Trip: Road to Ibiza **3.00** The Goldbergs **4.00** FILM: The Golden Compass (2007) (PG) Fantasy adventure, starring Dakota Blue Richards and Nicole Kidman. **6.15** Rude(ish) Tube Shorts **6.30** The Big Bang Theory **10.00** Tattoo Fixers on Holiday **11.00** Rich Kids of Instagram **12.00** Gogglebox **1.05** Containment **2.10** Rude Tube **3.05** Rude(ish) Tube **3.30** Hollyoaks

MORE4 SKY: 138 FV: 14
8.55 River Cottage Bites **9.20** Jamie's 15 Minute Meals **9.45** Selling Houses with Amanda Lamb **10.50** Building the Dream **11.55** Come Dine with Me **2.40** Four in a Bed **5.20** Come Dine with Me **8.00** Amazing Spaces Shed of the Year **9.00** Father Ted **10.05** 8 Out of 10 Cats Does Countdown **11.05** Spying on Hitler's Army: The Secret Recordings **12.15** Father Ted **1.20** 8 Out of 10 Cats Does Countdown **2.25** Spying on Hitler's Army: The Secret Recordings **3.30** Close

FILM4 SKY: 315 FV: 15
11.00 The Death and Life of Charlie St Cloud (2010) (12) **1.00** Diary of a Wimpy Kid: Dog Days (2012) (U) **2.50** Bridge to Terabithia (2007) (PG) Drama, starring Josh Hutcherson. **4.45** We Bought a Zoo (2011) (PG) Fact-based comedy drama, starring Matt Damon. **7.15** Jingle All the Way (1996) (PG) Comedy, starring Arnold Schwarzenegger. **9.00** Escape Plan (2013) (15) Prison thriller, with Sylvester Stallone and Arnold Schwarzenegger. **11.15** Law Abiding Citizen (2009) (18) Thriller, starring Gerard Butler and Jamie Foxx. **1.25** Family Business (1989) (15) **3.45** Close

DAVE SKY: 111 FV: 12
7.10 Bush Pilots **8.00** Top Gear **11.00** Red Bull Soapbox Race **12.00** Traffic Cops **1.00** Caribbean Premier League T20 Cricket **5.00** Top Gear **7.00** Top Gear India Special **9.00** Have I Got a Bit More News for You **10.00** Suits **11.00** Parks and Recreation **12.00** Have I Got a Bit More News for You **1.00** Room 101 **2.20** QI **2.50** Suits **3.35** Lizard Lick Towing **4.00** Close

SKY1 SKY: 106
6.00 Hour of Power **7.00** Monkey Life **9.00** Futurama **11.00** WWE: Raw **12.00** Duck Quacks Don't Echo **1.00** Don't Tell the Bride **2.00** Four Weddings **3.00** Battle of the Brides **4.00** Modern Family **6.00** The Simpsons **8.00** The Last Ship **9.00** Zoo **10.00** Ross Kemp: Extreme World **11.00** Stop, Search, Seize **12.00** The Force: Manchester **1.00** Road Wars **2.00** Brit Cops: Law & Disorder **3.00** Nothing to Declare **4.00** Border Security: Canada's Front Line **5.00** Gordonstoun: A Different Class

SKY ATLANTIC SKY: 108
6.00 The Petrol Age **7.00** The West Wing **12.00** FILM: The Fall: Decker vs Budd (2016) **2.00** Without a Trace **6.00** Cold Case **9.00** Ray Donovan **10.10** Band of Brothers **12.45** FILM: Things to Do in Denver When You're Dead (1995) (18) **2.55** Curb Your Enthusiasm **4.10** The Petrol Age **5.05** The Making of David Attenborough's Natural History Museum Alive

W SKY: 109
6.10 Passport Patrol **9.10** My Dream Home **12.10** EastEnders **2.40** Doctor Who **6.40** Outnumbered **8.00** Beauty and the Beast **9.00** Sherlock **11.00** Traffic Cops **12.00** Who Do You Think You Are? **1.00** Haunted Collector **2.30** Passport Patrol **3.00** Home Shopping

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Monday August 1st

DAYTIME

BBC1

6.00 Breakfast (S) **9.15 Countryfile: The Summer Diaries** (S) **10.00 Homes Under the Hammer** (S)(R) **11.00 Wanted Down Under** (S)(R) **11.45 Neighbourhood Blues** (S) **12.15 Bargain Hunt** (S) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Red Rock** (S) **2.25 Escape to the Country** A couple looking for a property in West Sussex. (S)(R) **3.25 Garden Rescue** (S) **4.10 Flog It!** From De Montfort Hall in Leicester. (S)(R) **5.10 Pointless Celebrities** (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News Programmes** (S)

BBC2

6.00 Fake Britain (S)(R) **6.45 Garden Rescue** (S)(R) **7.30 The Hairy Builder** (S)(R) **8.00 Sign Zone: An Island Parish** (S)(R) **8.30 Sign Zone: Gardeners' World** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 FILM The Caine Mutiny (1954) (U)** (S) **2.00 Coast** (S)(R) **2.25 David Attenborough's Natural Curiosities** (S)(R) **3.10 Animal Odd Couples** Part one of two. Friendships between animals of different species. (S)(R) **4.10 Michael Palin's New Europe** (S)(R) **5.10 Antiques Roadshow** (S)(R) **6.00 Eggheads** (S) **6.30 Blitz Cities** (S)(R)

ITV

6.00 Good Morning Britain (S) **8.30 Lorraine** Entertainment and fashion news. (S) **9.25 The Jeremy Kyle Show** (S)(R) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News;** Weather (S) **1.55 ITV Regional News;** Weather (S) **2.00 Judge Rinder** Real-life cases in a studio courtroom. (S)(R) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** Game show, hosted by Ben Shephard. (S)(R) **5.00 Cash Trapped** New series. Quiz, hosted by Bradley Walsh. (S) **6.00 ITV Regional News;** Weather (S) **6.30 ITV Evening News;** Weather (S)

Channel 4

6.15 3rd Rock from the Sun (S)(R) **7.30 Everybody Loves Raymond** (S)(R) **8.30 Frasier** (S)(R) **9.30 The Big Bang Theory** (S)(R) **10.30 The Simpsons** (S)(R) **11.30 Come Dine with Me** (S)(R) **12.00 Channel 4 News** (S) **12.05 Come Dine with Me** (S)(R) **2.10 Fifteen to One** General knowledge quiz. (S) **3.10 Countdown** With David James in Dictionary Corner. (S) **4.00 The Question Jury** Quiz show. (S) **5.00 Couples Come Dine with Me** Three couples from Cheshire compete for the cash prize of £1,000. (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

Channel 5

6.00 Milkshake! 9.15 The Wright Stuff Debate on issues of the day. **11.15 To B&B the Best** (S) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** The ups and downs of BB life. (R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.20 NCIS** Part one of two. A US Navy lieutenant dies after a fight. (S)(R) **3.15 FILM Secrets in the Attic (2016) (PG)** Premiere. Thriller, starring Abbie Cobb and Max Lloyd-Jones. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** Paige finds an outlet for her frustration. (S)(R) **6.00 Home and Away** Alf has a heart attack. (S)(R) **6.30 5 News Tonight** (S)

7

BBC1	BBC2	ITV	Channel 4	Channel 5
7.00 The One Show Hosted by Alex Jones and Matt Baker. (S) **7.30 Rip Off Britain** The team meets people plagued by nuisance telephone calls; (S) BBC News; Regional News (S)	**7.00 New Zealand: Earth's Mythical Islands** Sam Neill explains how animals including hyper-intelligent parrots and snails with teeth survive in New Zealand's wildest locales. (S)(R)	**7.00 Emmerdale** Ashley turns Gabby in to the police. (S) **7.30 Coronation Street** The Platts ready themselves for Kylie's funeral. (S)	**7.00 Channel 4 News** (S)	**7.00 FIA World Rally Championship Highlights** The Rally Finland; (S) 5 News Update (S)

8

BBC1	BBC2	ITV	Channel 4	Channel 5
8.00 EastEnders Whitney becomes paranoid after the discovery she has an STI. (S) **8.30 Inside North Korea – Panorama** Rupert Wingfield-Hayes reports on the secretive state. (S)	**8.00 University Challenge** Cambridge colleges Queens' and Peterhouse compete. (S) **8.30 Only Connect** Three networkers take on a trio of cousins. (S)	**8.00 Wild France with Ray Mears** Ray visits the Cevennes National Park. (S) **8.30 Coronation Street** Todd confronts David at Kylie's graveside. (S)	**8.00 How Safe Is Your Car?: Channel 4 Dispatches** A report on whether manufacturers and testers can be trusted with car safety. (S) **8.30 Superfoods: The Real Story** (S)	**8.00 Police Interceptors Unleashed** Police pursue a burglar in Lincolnshire, and a roadside stop results in a huge bag of cannabis being discovered; (S) (R) 5 News Update (S)

9

BBC1	BBC2	ITV	Channel 4	Channel 5
9.00 The Musketeers Grimaud declares war on the Musketeers and the battle takes them into the depths of Paris, where Athos's resolve is tested to the limit. Matthew McNulty stars. Last in the series. (S)	**9.00 The Somme 1916 – From Both Sides of the Wire** Peter Barton examines the final months of the campaign. Last in the series. (S)	**9.00 Brief Encounters** Dawn and Russell's wedding reception at the pub is eventful, with Terry storming out after an argument with Steph and the bride's father Len turning up unannounced. (S)	**9.00 Eden** Jack feels that some of the group are not working hard enough so he and some others decide to strike out and start building their own cabins and rumours of a split cause tension. (S)	**9.00 Celebrity Big Brother** Marcus Bentley narrates as the famous housemates lie in their beds, chat on the sofas and argue in the kitchen – all for the enjoyment of the viewing public. (S)

10

BBC1	BBC2	ITV	Channel 4	Channel 5
10.00 BBC News at Ten (S) **10.30 BBC Regional News and Weather** (S) **10.45 Have I Got Old News for You** David Tennant hosts, with guests Grayson Perry and Katherine Ryan. (S)(R)	**10.00 Rhod Gilbert's Work Experience** Rhod works at the UK's largest open cast mine in Merthyr Tydfil. Last in the series. (S) **10.30 Newsnight** (S)	**10.00 ITV News;** Weather (S) **10.35 ITV Regional News;** Weather (S) **10.45 Benidorm** Martin wakes up in bed with Bianca. (S)(R)	**10.00 Naked Attraction** A DJ and a former ballet dancer take part, choosing a date from a selection of six naked people, who will be revealed to them one body part at a time. Anna Richardson hosts. (S)	**10.00 No Fatties Allowed** The documentary exploring obesity from several different perspectives meets people who deal with abuse about their size on a daily basis – as well as those who dish it out. (S)(R)

11

BBC1	BBC2	ITV	Channel 4	Channel 5
11.15 Have I Got a Bit More Old News for You Jo Brand hosts, with guests Kevin Bridges and Jacob Rees-Mogg. (S)(R)	**11.00 Weather** (S) **11.05 The Women's Football Show** A look at the biggest issues in the women's game. (S) **11.35 Robot Wars** (S)(R)	**11.45 Britain As Seen on ITV** The story of how the nation has changed over the past 60 years. (S)(R)	**11.05 Tattoo Fixers on Holiday** New series. Sketch, Alice and Jay take their tattoo cover-up operation abroad. (S)	**11.05 Celebrity Big Brother's Bit on the Side** Rylan Clark-Neal presents the CBB companion show. (S)

AFTER 12

12.00 Weather for the Week Ahead (S) **12.05** BBC News (S)

12.35 Sign Zone: Celebrity MasterChef (S)(R) **1.35** Full Steam Ahead (S)(R) **2.35** This Is BBC Two (S)

12.10 Jackpot247 3.00 The Jeremy Kyle Show (S)(R) **3.55** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

12.10 Bodyshockers: Nips, Tucks and Tattoos (S)(R) **1.05** The Three Day Nanny (S)(R) **2.00** One Born: What Happened Next? (S)(R) **2.55** Grand Designs Australia (S) **3.50** Kirstie's Vintage Gems (S)(R)

12.05 Can't Pay? We'll Take It Away: Busted (S)(R) **1.00** SuperCasino **3.10** Person of Interest (S)(R) **3.55** Now That's Funny! (S)(R) **4.45** Great Scientists (S)(R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6
7.10 The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Psych **10.20** Royal Pains **11.15** Dinner Date **12.15** Emmerdale **12.45** Coronation Street **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Family Guy **9.30** Bordertown **10.00** Family Guy **10.30** American Dad! **11.30** The Cleveland Show **12.25** Two and a Half Men **1.20** The Vampire Diaries **2.10** Meghan Trainor: The Hot Desk **2.20** Teleshopping **5.50** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.25 Heartbeat **7.25** Where the Heart Is **8.25** The Royal **9.30** Judge Judy **10.55** Murder, She Wrote **11.55** Love Your Garden **1.00** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** Rising Damp **5.20** Man About the House **5.50** Heartbeat **6.55** Murder, She Wrote **8.00** Rosemary & Thyme **9.00** Charles: The Destiny of a Prince **10.00** Law & Order: UK **11.00** Liverpool 1 **12.15** Blue Murder **1.10** Marchlands

BBC4 SKY: 116 FV: 9
7.00 World News Today; Weather **7.30** The Wonder of Animals **8.00** Roy Orbison: One of the Lonely Ones **9.00** The Girl from Ipanema: Brazil, Bossa Nova and the Beach **10.00** The Real White Queen and Her Rivals **11.00** Calculating Ada: The Countess of Computing **12.00** A History of Art in Three Colours **1.00** The Story of Music Hall with Michael Grade **2.30** Rude Britannia **3.30** Close

E4 SKY: 136 FV: 28
6.00 Hollyoaks **6.25** Coach Trip: Road to Ibiza **6.50** Melissa & Joey **7.15** How I Met Your Mother **8.05** Rules of Engagement **9.05** The Goldbergs **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** Melissa & Joey **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Ibiza **8.00** The Big Bang Theory **9.00** Made in Chelsea: South of France **10.00** Rich Kids of Instagram **11.00** The Big Bang Theory **12.00** Gogglebox **1.10** First Dates **2.05** Made in Chelsea: South of France **3.00** Rich Kids of Instagram

MORE4 SKY: 138 FV: 14
8.55 Kirstie's Fill Your House for Free **9.25** A Place in the Sun: Winter Sun **10.25** FILM: The Devil at Four O'Clock (1961) (PG) **12.55** Searching for Shakespeare's House: A Time Team Special **2.00** Time Team Special: Rediscovering Ancient Britain **3.05** A Place in the Sun: Winter Sun **5.15** Four in a Bed **7.55** Grand Designs **9.00** The Secret Life of 4 Year Olds **10.00** 16 Kids and Counting **11.05** 24 Hours in A&E **12.10** Ramsay's Kitchen Nightmares USA **1.15** The Secret Life of 4 Year Olds **2.15** 16 Kids and Counting **3.20** Kirstie's Fill Your House for Free **3.35** Close

FILM4 SKY: 315 FV: 15
11.00 Mysterious Island (1961) (PG) **1.05** The Dark Crystal (1982) (PG) **2.55** Judy Moody and the Not Bummer Summer (2011) (PG) **4.45** Night at the Museum: Battle of the Smithsonian (2009) (PG) **6.50** Footloose (1984) (15) **9.00** Commando (1985) (18) **10.50** Aliens: Special Edition (1986) (18) **1.50** Red Sorghum (1987) (15) **3.45** Close

DAVE SKY: 111 FV: 12
7.00 The Indestructibles **7.20** Scrapheap Challenge **8.10** The Best of Top Gear **9.00** Lizard Lick Towing **10.00** American Pickers **11.00** Storage Hunters UK **12.00** The Best of Top Gear **1.00** Caribbean Premier League T20 Cricket **5.00** The Best of Top Gear **6.00** The Best of Top Gear **7.00** American Pickers **8.00** Room 101 **9.20** QI **10.00** QI XL **11.00** Room 101 **12.20** QI **1.00** QI XL **2.00** Alan Davies: As Yet Untitled **3.00** Never Mind the Buzzcocks **4.00** Close

SKY1 SKY: 106
6.00 Supergirl **7.00** The Flash **9.00** Futurama **10.00** Ninja Warrior **10.30** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **1.00** Supergirl **2.00** The Flash **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** David Attenborough's Conquest of the Skies **9.00** FILM: The Rock (1996) (15) **11.40** A League of Their Own: Unseen **12.10** NCIS: Los Angeles **1.05** Hawaii Five-0 **2.00** Forever **3.00** Arrow **4.00** Brit Cops: War on Crime

SKY ATLANTIC SKY: 108
6.00 Fish Town **7.00** Urban Secrets **8.00** Cold Case **10.00** The West Wing **11.00** House **12.00** Without a Trace **1.00** Blue Bloods **2.00** Richard E Grant's Hotel Secrets **3.00** Cold Case **5.00** The West Wing **6.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** Ray Donovan **10.10** Last Week Tonight with John Oliver **10.45** Vice Principals **11.20** Ballers **11.55** Ray Donovan **1.05** The Sopranos **2.25** Curb Your Enthusiasm **3.05** Cold Case

W SKY: 109
6.05 DIY SOS **6.30** MasterChef Australia: The Professionals **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Judge Faith **2.00** Traffic Cops **2.40** Extreme Makeover: Home Edition **3.40** My Dream Home **5.40** Tipping Point **6.40** Extreme Makeover: Home Edition **7.40** Celebrity MasterChef **9.00** John Bishop's Australia **10.00** EastEnders **10.40** Don't Tell the Bride **11.40** Russell Howard's Good News **12.40** EastEnders **1.15** Being Human USA **2.50** Dynamo: Top Ten Greatest Moments

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Tuesday August 2nd

BBC1

Pointless Celebrities, **5.10pm**

6.00 Breakfast (S) **9.15 Countryfile: The Summer Diaries** (S) **10.00 Homes Under the Hammer** (S) **11.00 Wanted Down Under** (S)(R) **11.45 Neighbourhood Blues** (S) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Red Rock** (S) **2.25 Escape to the Country** A couple search for a home in rural Herefordshire. (S)(R) **3.25 Garden Rescue** (S) **4.10 Flog It!** From Longleat, Wiltshire. (S)(R) **5.10 Pointless Celebrities** (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News and Weather** (S)

7.00 The One Show Live chat and topical reports. (S)
7.30 EastEnders Sharon helps Ian in the search for Ben; (S) BBC News; Regional News (S)

8.00 Holby City Still grieving for Arthur, Ric questions his surgical skill, when he faces losing another young man, and Oliver realises he needs to move on from his relationship with Zosia. (S)

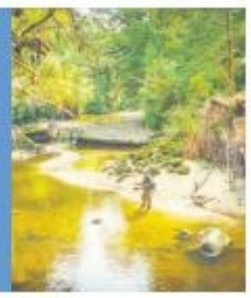
9.00 The Living and the Dead After the terrible events of recent weeks, Nathan and Charlotte's marriage faces its greatest test yet. Supernatural period drama, starring Colin Morgan. Last in the series. (S)

10.00 BBC News at Ten (S)
10.30 BBC Regional News and Weather; (S) National Lottery Update (S)
10.45 NYPD: Biggest Gang in New York? Documentary examining police brutality in America. (S)

11.30 FILM Blades of Glory (2007) (12) Comedy, with Will Ferrell and Jon Heder. (S)

1.00 Weather for the Week Ahead (S) **1.05** BBC News (S)

BBC2



New Zealand: Earth's Mythical Islands, **9pm**

6.00 Countryfile: The Summer Diaries (S)(R) **6.45 Garden Rescue** (S)(R) **7.30 Neighbourhood Blues** (S)(R) **8.00 Sign Zone: An Island Parish** (S)(R) **8.30 Sign Zone: The Hairy Builder** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 FILM The Master of Ballantrae (1953) (PG)** (S) **1.25 Coast** (S)(R) **2.25 David Attenborough's Natural Curiosities** (S)(R) **3.10 Animal Odd Couples** (S)(R) **4.10 Michael Palin's New Europe** (S)(R) **5.10 Antiques Roadshow** (S)(R) **6.00 Eggheads** Quiz show, hosted by Jeremy Vine. (S) **6.30 Blitz Cities** (S)(R)

7.00 Great American Railroad Journeys Michael Portillo travels through Philadelphia, and pays tribute its most famous fictional son, Rocky Balboa, before finishing the latest leg of his journey in Gettysburg. (S)

8.00 Inside the Factory: Crisps Gregg Wallace follows potatoes from a Hampshire farm through the world's largest crisp factory, and Cherry Healey discovers the secrets of those that are grown to make crisps. (S)

9.00 New Zealand: Earth's Mythical Islands A caving expedition reveals relics of the nation's pre-human past. Against all odds, one giant bird from primeval times has survived. Narrated by Sam Neill. Last in the series. (S)

10.00 QI With Sarah Millican, Tommy Tiernan and Josh Widdicombe. (S)(R)
10.30 Newsnight (S)

11.00 Weather (S)
11.05 Dragons' Den The panel assess the profit-making potential of business plans for wearable maps and keys for manhole covers. (S)(R)

12.05 The Refugee Camp: Our Desert Home (S)(R) **1.05** Sign Zone: Celebrity MasterChef (S)(R) **2.35** The Somme 1916 – From Both Sides of the Wire (S)(R) **3.35** This Is BBC Two (S)

ITV

Holiday Horrors: Caught on Camera, **9pm**

6.00 Good Morning Britain News, current affairs and lifestyle features (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S)(R) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News;** Weather (S) **1.55 ITV Regional News;** Weather (S) **2.00 Judge Rinder** Real-life cases in a studio courtroom. (S)(R) **3.00 Dickinson's Real Deal** (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** Game show, hosted by Ben Shephard. (S)(R) **5.00 Cash Trapped** Quiz, hosted by Bradley Walsh. (S) **6.00 ITV Regional News;** Weather (S) **6.30 ITV Evening News;** Weather (S)

7.00 Emmerdale Cain makes a discovery that leads to Moira and Holly's secrets coming to light, and furiously issues his wife an ultimatum – either her daughter goes, or he does. (S)

8.00 Love Your Garden Alan Titchmarsh and his team of green-fingered experts head to Durham to help a terminally ill dad achieve the garden of his dreams. Last in the series. (S)

9.00 Holiday Horrors: Caught on Camera Jamie Theakston narrates more footage sharing the experiences of Brits abroad, including airline passengers preparing for an emergency landing. (S)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Tom Daley: Diving for Gold A profile of the diver. (S)(R)

11.40 Murder, She Wrote The discovery of a body in Jessica's garage leads to all manner of accusations, prompting her to embark on a determined quest to unmask the killer. (S)(R)

12.40 Jackpot247 3.00 Loose Women (S)(R) **3.50** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

The Job Interview, **9pm**

6.15 3rd Rock from the Sun (S)(R) **7.30 Everybody Loves Raymond** (S)(R) **8.30 Frasier** (S)(R) **9.30 The Big Bang Theory** (S)(R) **10.30 The Simpsons** (S)(R) **11.30 Come Dine with Me** (S)(R) **12.00 Channel 4 News** (S) **12.05 Come Dine with Me** (S)(R) **2.10 Fifteen to One** General knowledge quiz. (S) **3.10 Countdown** With Gyles Brandreth in Dictionary Corner. (S) **4.00 The Question Jury** Quiz show. (S) **5.00 Couples Come Dine with Me** Three Jersey couples compete for the cash prize of £1,000. (S)(R) **6.00 The Simpsons** (S)(R) **6.30 Hollyoaks** (S)

7.00 Channel 4 News (S)

8.00 Child Genius: The Final Richard Osman tests the five finalists as they chase the coveted trophy, with topics ranging from spiders that mimic insects to Russian ballet. Last in the series. (S)

9.00 The Job Interview Cameras follow interviewees as they apply for jobs with London-based waste disposal company O'Donovan and Knightsbridge-based party planners Snapdragon. (S)

10.00 Celebrity First Dates Sian Lloyd, Daniel Brocklebank, Jess Woodley and Musharaf Asghar go in search of romance with members of the public. (S)(R)

11.05 Ramsay's Hotel Hell Gordon Ramsay helps a struggling hotel and restaurant in Washington. (S)(R)

12.00 Eden (S)(R) **1.00** KOTV Boxing Weekly (S) **1.25** Motor Sport: 2016 FIA World Endurance Championship (S)(R) **1.55** Motor Sport: Mini Challenge (S)(R) **2.20** Swansea Triathlon (S)(R) **2.50** Gillette World Sport (S)(R)

Channel 5

The Dog Rescuers with Alan Davies, **8pm**

6.00 Milkshake! 9.15 The Wright Stuff 11.15 To B&B the Best (S) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS** (S)(R) **3.15 FILM Death Al Dente: the Gourmet Detective (2015) (PG)** Premiere. Henry Roth is hired to find the best chef for a new eatery. However, murder appears on the menu and the body count begins to rise. Crime thriller, with Dylan Neal. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** Paige reveals her secret tryst with Tyler. (S)(R) **6.00 Home and Away** (S)(R) **6.30 5 News Tonight** (S)

7.00 Police Interceptors An officer gets lucky when a car thief crosses paths with him; (S)(R) 5 News Update (S)

8.00 The Dog Rescuers with Alan Davies The team intervenes with three adult mastiffs and nine puppies all reported to be underweight; (S) 5 News Update (S)

9.00 Celebrity Big Brother A chance to catch up with the latest action as the celebrity contestants continue to get to know each other – for better or worse. (S)

10.00 Borderline New series. Spoof documentary about the UK Border Force. (S)
10.30 Impractical Jokers UK New series. Four friends compete in a series of challenges. (S)

11.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show. (S)

12.05 Celebrity Big Brother: Live from the House 12.30 SuperCasino **3.10** Person of Interest (S)(R) **3.55** Now That's Funny! (S)(R) **4.45** HouseBusters (S)(R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals **6.20** Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **8.30** Coronation Street **9.30** Psych **10.20** Royal Pains **11.15** Dinner Date **12.15** Emmerdale **12.45** Coronation Street **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Mom **10.00** Celebrity Juice **10.50** Family Guy **11.45** American Dad! **12.45** Two and a Half Men **1.40** Mom **2.25** Teleshopping **5.55** ITV2 Nightscreen

ITV3 SKY: 119 FV: 10

6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.25** The Royal **9.30** Judge Judy **10.55** Murder, She Wrote **11.55** Love Your Garden **1.00** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.15** Doctor in the House **4.50** Rising Damp **5.20** Man About the House **5.50** Heartbeat **6.55** Murder, She Wrote **8.00** Midsomer Murders **10.00** Law & Order: UK **11.00** Wire in the Blood **12.35** Inspector Morse

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather **7.30** The Wonder of Animals **8.00** Sacred Wonders of Britain **9.00** Britain's Pompeii: A Village Lost in Time **10.00** The Bermuda Triangle: Beneath the Waves **11.00** Fossil Wonderlands: Nature's Hidden Treasures **12.00** Sacred Wonders of Britain **1.00** A History of Art in Three Colours **2.00** The Bermuda Triangle: Beneath the Waves **3.00** Britain's Pompeii: A Village Lost in Time

E4 SKY: 136 FV: 28

6.00 Hollyoaks **6.25** Coach Trip: Road to Ibiza **6.50** Melissa & Joey **7.10** How I Met Your Mother **8.05** Rules of Engagement **9.00** The Goldbergs **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** Melissa & Joey **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Ibiza **8.00** 2 Broke Girls **9.00** Tattoo Fixers on Holiday **10.00** Wasted **10.35** The Inbetweeners **11.00** The Big Bang Theory **12.00** Gogglebox **1.00** Rude Tube **2.05** Tattoo Fixers on Holiday **3.00** Wasted **3.25** The Inbetweeners **3.50** New Girl **4.10** Rules of Engagement **4.55** Charmed

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals **9.35** A Place in the Sun: Winter Sun **10.35** Food Unwrapped **11.10** FILM: Sword of Sherwood Forest (1960) (U) **12.55** D-Day: A Time Team Special **2.00** Time Team Special: Life on the Edge – 1000 BC **3.05** A Place in the Sun: Winter Sun **5.15** Four in a Bed **7.55** Grand Designs **9.00** Craft: I Made This **10.00** Obsessive Compulsive Cleaners **11.05** 24 Hours in A&E **12.10** Ramsay's Kitchen Nightmares USA **1.10** Craft: I Made This **2.15** Obsessive Compulsive Cleaners

FILM4 SKY: 315 FV: 15

11.00 Rat Race (2001) (12) **1.20** Swiss Family Robinson (1960) (U) **4.00** The Chronicles of Narnia: The Voyage of the Dawn Treader (2010) (PG) **6.20** The Core (2003) (12) **9.00** Knight and Day (2010) (12) **11.10** Conan the Barbarian (1982) (15) **1.45** Splice (2009) (15) **3.55** Close

DAVE SKY: 111 FV: 12

7.00 The Indestructibles **7.20** Scrapheap Challenge **8.10** The Best of Top Gear **9.00** Lizard Lick Towing **10.00** American Pickers **11.00** Storage Hunters UK **12.00** The Best of Top Gear **1.00** Lizard Lick Towing **2.00** American Pickers **3.00** American Pickers **4.00** American Pickers **5.00** The Best of Top Gear **6.00** The Best of Top Gear **7.00** American Pickers **8.00** Room 101 **9.20** QI **10.00** Taskmaster **11.00** Room 101 **12.20** QI **1.00** QI XL **2.00** Taskmaster

SKY1 SKY: 106

6.00 Supergirl **7.00** The Flash **9.00** Futurama **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **1.00** Supergirl **2.00** The Flash **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Stop, Search, Seize **9.00** Bradley Wiggins: The Road to Rio **10.00** Don't Tell the Bride **11.00** A League of Their Own: Unseen **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **2.00** Forever **3.00** Arrow **4.00** Brit Cops: War on Crime

SKY ATLANTIC SKY: 108

6.00 Fish Town **7.00** Urban Secrets **8.00** Cold Case **10.00** The West Wing **11.00** House **12.00** Without a Trace **1.00** Blue Bloods **2.00** Richard E Grant's Hotel Secrets **3.00** Cold Case **5.00** The West Wing **6.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** Ballers **9.35** Vice Principals **10.15** FILM: Looking: The Movie (2016) **12.00** Ballers **12.35** Vice Principals **1.15** The Sopranos **2.20** Curb Your Enthusiasm **3.00** House

W SKY: 109

6.10 DIY SOS: Children in Need Special **7.00** MasterChef Australia: The Professionals **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Judge Faith **2.00** Extreme Makeover: Home Edition **3.00** My Dream Home **5.00** Tipping Point **6.00** Extreme Makeover: Home Edition **7.00** Celebrity MasterChef **9.00** One Born Every Minute **10.00** EastEnders **10.40** Don't Tell the Bride **11.40** Russell Howard's Good News **12.40** EastEnders **1.15** Being Human USA

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Wednesday August 3rd

BBC1

Eat Well for Less?, 8pm

6.00 Breakfast (S) **9.15 Countryfile: The Summer Diaries** (S) **10.00 Homes Under the Hammer** (S)(R) **11.00 Wanted Down Under** (S)(R) **11.45 Neighbourhood Blues** (S) **12.15 Bargain Hunt** (S)(R) **1.00 BBC News at One; Weather** (S) **1.30 BBC Regional News and Weather** (S) **1.45 Red Rock** (S) **2.25 Escape to the Country** A couple search for a home in the Oxfordshire countryside. (S) **3.25 Garden Rescue** (S) **4.10 Flog It!** (S)(R) **5.10 Pointless Celebrities** Quiz show. (S)(R) **6.00 BBC News at Six; Weather** (S) **6.30 BBC Regional News Programmes** (S)

7.00 The One Show Matt Baker and Alex Jones present the live magazine show featuring topical reports from around the UK and big-name studio guests; (S) BBC News; Regional News (S)

8.00 Eat Well for Less? Gregg Wallace and Chris Bavin are in Hampshire to help the Haynes family, whose conflicting tastes mean they are eating different meals. Last in the series. (S)

9.00 Saving Lives at Sea As millions of people flock to the UK's coastline during the busy summer months, the RNLI volunteers contend with situations including sailors caught in a storm. (S)

10.00 BBC News at Ten (S)
10.30 BBC Regional News and Weather; (S) National Lottery Update (S)
10.45 A Question of Sport The best moments from the series. (S)

11.15 FILM In the Electric Mist (2009) (15) Mystery, with Tommy Lee Jones and John Goodman. (S)

AFTER 12
1.05 Weather for the Week Ahead (S) **1.10** BBC News (S)

BBC2

Boy Meets Girl, 10pm

6.00 Countryfile: The Summer Diaries (S)(R) **6.45 Garden Rescue** (S)(R) **7.30 Neighbourhood Blues** (S)(R) **8.00 Sign Zone: See Hear** (S)(R) **8.30 Sign Zone: The Hairy Builder** (S)(R) **9.00 Victoria Derbyshire** (S) **11.00 BBC Newsroom Live** (S) **12.00 FILM The Deadly Companions (1961) (PG)** (S) **1.30 Coast** (S)(R) **2.10 Nature's Weirdest Events** A town brought to a standstill by a swarm of insects. (S)(R) **3.10 Animals in Love** (S)(R) **4.10 Brazil with Michael Palin** (S)(R) **5.10 Antiques Roadshow** (S)(R) **6.00 Eggheads** Quiz show. (S) **6.30 Blitz Cities** (S)(R)

7.00 Great American Railroad Journeys Michael Portillo reaches the boundary between the northern and southern states – the Mason-Dixon line. (S)

8.00 The £100K House: The Final Fix Piers Taylor revisits Wajid and Anam, who have hit a problem as they near the completion of their ambitious home. (S)

9.00 Versailles The traitor strikes in the palace prison, while Henriette has a rocky reunion with her brother, Charles II of England. Elsewhere, Beatrice risks a rendezvous with Marchal; (S) Inside Versailles. (S)

10.00 Boy Meets Girl Judy's hen night is hijacked by a petty row. (S)
10.30 Newsnight; (S) Weather (S)

11.05 People Just Do Nothing Chabuddy G prepares for his latest business venture. (S)
11.35 Inside the Factory: Crisps (S)(R)

12.35 Sign Zone: See Hear (S)(R) **1.05** Saving Lives at Sea (S)(R) **2.05** Horizon: Sports Doping – Winning at Any Cost? (S)(R) **3.05** This Is BBC Two (S)

ITV

Wild Animal Reunions, 8pm

6.00 Good Morning Britain (S) **8.30 Lorraine** (S) **9.25 The Jeremy Kyle Show** (S)(R) **10.30 This Morning** (S) **12.30 Loose Women** (S) **1.30 ITV Lunchtime News;** Weather (S) **1.55 ITV Regional News;** Weather (S) **2.00 Judge Rinder** (S)(R) **3.00 Dickinson's Real Deal** Simon Schneider gets excited about a horse tobacco box. (S) **3.59 ITV Regional Weather** (S) **4.00 Tipping Point** Game show, hosted by Ben Shephard. (S)(R) **5.00 Cash Trapped** Quiz, hosted by Bradley Walsh. (S) **6.00 ITV Regional News;** Weather (S) **6.30 ITV Evening News;** Weather (S)

7.00 Emmerdale Chas learns that Moira may have HIV. (S)
7.30 Coronation Street Sarah implores Todd to bury the truth. (S)

8.00 Wild Animal Reunions Animal keepers and caregivers are reunited with their charges in the wild, including a woman who kisses sharks, and a surrogate mother to 300 monkeys. (S)

9.00 Long Lost Family A 70-year-old wants to find the daughter she gave up for adoption in 1968 when suffering with depression, while a woman looks for the mother that abandoned her at the age of three. (S)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Holiday Horrors: Caught on Camera Jamie Theakston narrates more footage sharing the experiences of Brits abroad. (S)(R)

11.40 Murder, She Wrote A book club promotion turns nasty. (S)(R)

12.35 Jackpot247 3.00 Murder, She Wrote (S)(R) **3.50** ITV Nightscreen **5.05** The Jeremy Kyle Show (S)(R)

Channel 4

The Three Day Nanny, 8pm

6.15 3rd Rock from the Sun (S)(R) **7.30 Everybody Loves Raymond** (S)(R) **8.30 Frasier** (S)(R) **9.30 The Big Bang Theory** (S)(R) **10.30 The Simpsons** (S)(R) **11.30 Come Dine with Me** (S)(R) **12.00 Channel 4 News** (S) **12.05 Come Dine with Me** (S)(R) **2.10 Fifteen to One** General knowledge quiz. (S) **3.10 Countdown** With Dictionary Corner guest Gyles Brandreth. (S) **4.00 The Question Jury** Quiz show. (S) **5.00 Couples Come Dine with Me** Three couples from Hull compete for the cash prize of £1,000. (S)(R) **6.00 The Simpsons** Homer goes to prison. (S)(R) **6.30 Hollyoaks** (S)

7.00 Channel 4 News (S)

8.00 The Three Day Nanny Kathryn Mewes meets the Smith family in Stockton-on-Tees, where she attempts to ban smacking and restore order in a house where communication has broken down and chaos rules. (S)

9.00 Gogglebox: Brexit Special The armchair critics share their opinions on the events that have unfolded since Britain's decision to leave the European Union, including the appointment of the new Prime Minister. (S)

10.00 Man Down Dan must negotiate the complicated issue of a visa. (S)
10.30 A Granny's Guide to the Modern World New series. An outsider's perspective of life in 2016. (S)

11.05 999: What's Your Emergency? The care and support of people with mental health issues. (S)(R)

12.05 Music on 4: Live from Abbey Road Classics (S) **12.30 FILM The Accused (1988) (18)** (S) **2.20** Double Your House for Half the Money (S)(R) **3.15** Phil: Secret Agent Down Under (S)(R) **4.10** Fifteen to One (S)(R)

Channel 5

Cricket on 5, 7pm

6.00 Milkshake! 9.15 The Wright Stuff Topical talk show. **11.15 To B&B the Best** (S) **12.10 5 News Lunchtime** (S) **12.15 Celebrity Big Brother** (S)(R) **1.15 Home and Away** (S) **1.45 Neighbours** (S) **2.15 NCIS: Los Angeles** Callen assumes an old alias to investigate the death of a taxi driver. (S)(R) **3.15 FILM Stolen Daughter (2015) (PG)** Crime drama, starring Andrea Roth. (S) **5.00 5 News at 5** (S) **5.30 Neighbours** Sonya resolves to go ahead with her plan. (S)(R) **6.00 Home and Away** Doctors warn Alf he may never fully recover. (S)(R) **6.30 5 News Tonight** (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from the opening day of the Third Test in the four-match series, which took place at Edgbaston; (S) 5 News Update (S)

8.00 GPs: Behind Closed Doors Dr Chris Pearce is consulted by a woman who had an accident on the Underground.; (S) 5 News Update (S)

9.00 Celebrity Big Brother Highlights of the famous housemates' past 24 hours under the all-seeing eye of Big Brother. (S)

10.00 Suspects: The Enemy Within New series. DS Charlie Steele must keep DS Jack Weston under control as they investigate the murder of a detective inspector, who has been shot dead in her bed. (S)

11.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show, including celebrity guests' thoughts on the latest developments and behind-the-scenes insights. (S)

12.05 On Benefits: Life on the Dole (S)(R) **12.55** SuperCasino **3.10** Secrets of Underground Britain (S)(R) **3.55** Now That's Funny! (S)(R) **4.45** HouseBusters (S)(R) **5.10** House Doctor (S)(R) **5.35** House Doctor (S)(R)

DIGITAL

ITV2 SKY: 118 FV: 6
6.00 Planet's Funniest Animals **6.20** Dinner Date **7.10** The Ellen DeGeneres Show **8.00** Emmerdale **9.00** You've Been Framed! Gold **9.30** Psych **10.20** Royal Pains **11.15** Dinner Date **12.15** Emmerdale **1.15** You've Been Framed! Gold **1.45** The Ellen DeGeneres Show **2.35** The Jeremy Kyle Show **5.50** Take Me Out **7.00** You've Been Framed! Gold **8.00** Two and a Half Men **9.00** Hell's Kitchen **10.00** The Vampire Diaries **10.55** Family Guy **11.55** American Dad! **12.50** Two and a Half Men **1.20** Hell's Kitchen **2.10** Mark Ronson: The Hot Desk

ITV3 SKY: 119 FV: 10
6.00 Doctor in the House **6.25** Heartbeat **7.25** Where the Heart Is **8.30** The Royal **9.30** Judge Judy **10.55** Murder, She Wrote **11.55** Love Your Garden **1.00** Heartbeat **2.00** The Royal **3.05** Where the Heart Is **4.10** Doctor in the House **4.50** Rising Damp **5.15** Man About the House **5.50** Heartbeat **6.55** Murder, She Wrote **7.55** Agatha Christie's Marple **10.00** Law & Order: UK **11.00** Wire in the Blood **12.35** Inspector Morse **2.30** Teleshopping

BBC4 SKY: 116 FV: 9
7.00 World News Today; Weather **7.30** Elsa the Lioness **8.00** Yellowstone **9.00** Masters of the Pacific Coast: The Tribes of The American Northwest **10.00** Britain's Pompeii: A Village Lost in Time **11.00** The Horizon Guide to Mars **12.00** The Real White Queen and Her Rivals **1.00** Timeshift: The Ladybird Books Story – The Bugs That Got Britain Reading **2.00** Calculating Ada: The Countess of Computing **3.00** Masters of the Pacific Coast: The Tribes of The American Northwest **4.00** Close

E4 SKY: 136 FV: 28
6.00 Hollyoaks **6.25** Coach Trip: Road to Ibiza **6.50** Melissa & Joey **7.10** How I Met Your Mother **8.05** Rules of Engagement **9.00** The Goldbergs **10.00** Baby Daddy **11.00** Charmed **1.00** How I Met Your Mother **2.00** The Big Bang Theory **3.00** Baby Daddy **4.00** Melissa & Joey **5.00** The Goldbergs **6.00** The Big Bang Theory **7.00** Hollyoaks **7.30** Coach Trip: Road to Ibiza **8.00** Jane the Virgin **9.00** Containment **10.00** Supernatural **11.00** The Big Bang Theory **12.00** Gogglebox **1.00** First Dates **2.05** Rude Tube **2.30** Containment **3.15** Supernatural **4.00** Rules of Engagement **4.40** Charmed

MORE4 SKY: 138 FV: 14
8.55 Jamie's 15 Minute Meals **9.35** A Place in the Sun: Winter Sun **10.30** River Cottage Bites **10.50** FILM: The 39 Steps (1959) **12.55** Time Team Special – The King of Bling **2.00** Time Team **3.05** A Place in the Sun: Winter Sun **5.15** Four in a Bed **7.55** Grand Designs **9.00** Selling Houses with Amanda Lamb **10.00** 24 Hours in A&E **11.05** Bodyshockers: Nips, Tucks and Tattoos **12.10** Ramsay's Kitchen Nightmares USA **1.15** Selling Houses with Amanda Lamb **2.15** Bodyshockers: Nips, Tucks and Tattoos **3.25** Hugh's 3 Good Things: Best Bites **3.35** Close

FILM4 SKY: 315 FV: 15
11.00 Magic in the Water (1995) (PG) **1.05** Voyage to the Bottom of the Sea (1961) (U) **3.10** Diary of a Wimpy Kid: Dog Days (2012) (U) **5.00** Cheaper By the Dozen (2003) (PG) **6.55** The Tourist (2010) (12) **9.00** Paul (2011) (15) **11.05** The Running Man (1987) (18) **1.05** The Girl with the Dragon Tattoo (2009) (18) **4.00** Close

DAVE SKY: 111 FV: 12
7.00 The Indestructibles **7.20** Scrapheap Challenge **8.10** Top Gear **9.00** Lizard Lick Towing **10.00** American Pickers **11.00** Storage Hunters UK **12.00** Top Gear **1.00** Lizard Lick Towing **2.00** American Pickers **3.00** American Pickers **4.00** American Pickers **5.00** Top Gear **7.00** American Pickers **8.00** Room 101 **9.20** QI **10.00** QI XL **11.00** Would I Lie to You? **12.20** QI **1.00** QI XL **2.00** Alan Davies: As Yet Untitled **3.00** Never Mind the Buzzcocks **4.00** Close

SKY1 SKY: 106
6.00 Supergirl **7.00** The Flash **9.00** Futurama **10.00** Ninja Warrior Women Tournament **11.00** NCIS: Los Angeles **12.00** Hawaii Five-0 **1.00** Supergirl **2.00** The Flash **4.00** Modern Family **5.00** The Simpsons **5.30** Futurama **6.30** The Simpsons **8.00** Don't Tell the Bride **9.00** Karl Pilkington: The Moaning of Life **10.00** Ross Kemp: Extreme World **11.00** A League of Their Own **12.00** NCIS: Los Angeles **1.00** Hawaii Five-0 **2.00** Forever **3.00** Arrow **4.00** Brit Cops: War on Crime r

SKY ATLANTIC SKY: 108
6.00 Fish Town **7.00** Urban Secrets **8.00** Cold Case **10.00** The West Wing **11.00** House **12.00** Without a Trace **1.00** Blue Bloods **2.00** Richard E Grant's Hotel Secrets **3.00** Cold Case **5.00** The West Wing **6.00** House **7.00** Without a Trace **8.00** Blue Bloods **9.00** Game of Thrones **11.25** Dexter **12.30** The Sopranos **1.30** Curb Your Enthusiasm **3.15** Cold Case **4.05** Fish Town

W SKY: 109
6.00 Dynamo: Top Ten Greatest Moments **6.10** DIY SOS: Million Pound Build for Children in Need 2013 **7.00** MasterChef Australia: The Professionals **8.00** Extreme Makeover: Home Edition **9.00** My Dream Home **10.00** The Bill **11.00** Tipping Point **1.00** Judge Faith **2.00** Traffic Cops **2.40** Extreme Makeover: Home Edition **3.40** My Dream Home **5.40** Tipping Point **6.40** Extreme Makeover: Home Edition **7.40** Celebrity MasterChef **9.00** In the Club **10.05** FILM: The Truth About Cats and Dogs (1995) (15) **12.05** Derren Brown: The Heist **1.05** Being Human USA **2.36** Dynamo: Live at the O2 **3.00** Home Shopping

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ENTERTAINMENT & LISTINGS

Covers band gig

LIVE MUSIC: Wallingford-based covers band Midnight Jungle will be performing at the Town Arms in Wallingford on Saturday, July 30.

The four-piece band is a Red Hot Chili Peppers tribute group and will perform numbers from their 11 studio albums.

The free gig starts at 9pm.

Night of laughs

COMEDY: Four comedians will be setting the audience chuckling at the Glee Club in Oxford on Saturday, July 30.

Andrew Ryan, Paul Tonkinson, Andy Robinson and another comic who has not been named yet will arrive at the Hythe Bridge Street venue for the club's weekly entertainment bill.

Suitable for over-18s, tickets cost £14.50. Doors open at 7.15pm.

Band to entertain

LIVE MUSIC: High Wycombe covers band Hustler will be performing at O'Neill's tomorrow night, Friday, July 29.

The five-piece group arrive at the George Street venue to perform tunes from the likes of Bon Jovi through to Rihanna. The gig will start at 10pm and is free.

Comedy club returns

EXPECT to leave the Burton Taylor Studio in Oxford with sore sides when the annual BT Comedy Club returns.

By **James Richings**

The two-day event on Friday, July 29, and Saturday, July 30, will see a number of funny men and women share their gags, stories, and witty one-liners.

And for Daniel Gilbert, the Oxford Playhouse's assistant marketing manager, who will be compering the event as well as performing his own material over the two days, said the chance to perform was something too good to turn down.

"While there's always been plenty of comedy in Oxford, a lot of it tends to be by and for the student community, but in the last few years, there's been a real growth in comedy popping up in lots of places," he revealed to the Guardian.

"So, it's really great to able to showcase some of that talent, such as Oxfordshire-based Conor McReynolds and Terry Green, as well as bringing acts in from the London circuit, such as Kate Smurthwaite."

As an ex-theatre maker, for a number of years Daniel would write and perform in numerous shows which would give him a huge buzz.

However, despite the adrenaline rush of performing on stage whilst writing new martial, Daniel soon discovered that the productions were sometimes too costly, and also caused a lot of people to reschedule their plans.

So he decided to compromise and enter the route of stand-up comedy, an area of the entertainment industry he greatly admires.

"I've been performing around Oxfordshire for a couple of years now, but this is the first time I'll be performing at the BT Studio, so I'm really looking forward to it," Daniel said. "It's a very intimate space, and so a great place to share laughs with people."

He added: "Usually my stuff is quite deadpan, but I'm compering these nights, which is a very different skill and fits different types of material.

"The key is being very high energy, engaging the audience and bringing them with you, so they're nicely warmed up for the acts."

On Friday, Kate Smurthwaite, Becky Moore and Conor McReynolds will perform with Moj Taylor, Terry Green and Fran Day performing on Saturday.

Both shows will start at 7.30pm and tickets cost £10 or £8 for concessions.

• *Daniel Gilbert*

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ENTERTAINMENT & LISTINGS

Legendary band set to perform

SINCE 1976, the Cropredy Convention festival has become one of the most popular events in Oxfordshire.

Held at Cropredy, near Banbury, the music festival has seen hundreds of mainstream, local folk, country and light rock musicians and bands such as Richard Digance, Levellers and Midge Ure all take to the stage.

And with the festival returning from Thursday, August 11, to Saturday, August 13, folk rock band Steeleye Span hope they can roll back the years with their set on Friday, August 12, with this being the group's first appearance at the Oxfordshire festival since 2006.

And with the band still going strong almost 50 years after they started, guitarist Julian Littman believes the rush of performing to an audience with his friends will never fade.

The band is on a UK tour which started in June and will end in October.

"Prior to joining the group, I worked an as actor in theatre, movies and in TV," Julian said.

"Whilst musically I've worked with Gerry Rafferty, Dexy's Midnight Runners, Charlie Dore and countless others so I'm very privileged to be part of Steeleye.

"It's also a pleasure to work with Maddy Prior. She always enables and prepares to push the boundaries."

By **James Richings**

First formed in 1967 by bass player Ashley Hutchings, original band members included Tim Hart on guitar and vocals, Prior on vocals, Terry Woods on guitar, concertina and vocals, with his wife Gay Woods on strings and vocals.

They became a household name during the 1970s with their traditional folk-rock sound, which helped the band achieve seven albums breaking into the UK Top 50 Album Charts.

However, after a lean period in the late 1970s which saw the popular group split up, the band soon reunited and have since been a dominant force in the folk industry.

They are now considered to be one of the best-known acts as part of the British folk revival.

"The idea is to comfort, surprise and even shock," Julian revealed.

"The thing with Steeleye Span is that we don't stand still and that we are always trying to push things.

"And as much as we love recording, it's now all about the live gigs.

"The musical landscape has changed for all bands and it's now not all about selling albums, it's playing live that counts."

For information about the festival, visit www.fairportconvention.com

• Steeleye Span

Cropredy Festival Line-Up

Thursday, August 11

Madness
Hayseed Dixie
Coco at the Butterfields
Gryphon
Fairport Convention

Friday, August 12

The Bootleg Beatles
Steeleye Span
Headspace
Willie and the Bandits
Lifesigns
Sound of the Sirens
BBC YFA Winners
AJ Clarke & Peggy

Saturday, August 13

Fairport Convention
Ralph McTell
Babylon Circus
The Demon Barbers
Pierce Brothers
Gilmore & Roberts
Maia
Richard Digance

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ENTERTAINMENT & LISTINGS

Friday, August 12 - Sunday, September 4
Oxford Playhouse, Oxford
PETER PAN IN SCARLET

Fri, Jul 29 – Sat, Jul 30
Burton Taylor House, Oxford
BT COMEDY CLUB
Each night will feature the best of local talent and the finest

COMEDY

comics on the touring circuit, all tied together (not literally) by your host Dan Gilbert. Acts already confirmed for the first BT Comedy Club include star of Come Dine With Me Adam Mastroianni, political activist and comedian Kate Smurthwaite (Fri), and Moj Taylor (Sat).

Sat, Jul 30, 11am and 2pm
Cornerstone Arts Centre, Didcot
THE LAST POST
Step on board our pillar-box red van-atorium outside Cornerstone, known as Mobile Sorting Office 451, to a world where snail mail reigns supreme. You'll meet Verity, the irrepressible heiress of an international pen-pal agency, and Red, a redundant Post-Master. Witness the unwrapping of their curious love story, accompanied by live music, provided by Tomaz (who arrived one day in a jiffy bag). The Last Post will be performed outside Cornerstone and has limited capacity. Book your tickets in advance to avoid disappointment.

Sat, Aug 6, 11am
Cornerstone Arts Centre, Didcot
STEAM
The Urban Playground Team animate a skeletal scaffold steam locomotive through scenes inspired by the slapstick comedy of Buster Keaton, the rooftop chases of James Bond, the train-jacking of the Wild West, the Heartbreak of the first World War and the dark future of inner city commuting. These guys combine contemporary and urban dance with parkour and physical theatre and are a delight for audiences of all ages.
Following each performance, there's an open workshop for anyone over aged 10+. There's also a more intense series of workshops (5, 6, 7 and 9 August) where participants will help devise a scene and perform in STEAM LOCAL LINE at Didcot Railway Centre on Wednesday 10 August. Great for all ages.

Sat, Aug 6, 8.15pm
The Glee Club, Oxford
COMEDY NIGHT
Comedians Scott Bennett and Rob Hughes are to arrive in Oxford.

Thu, Aug 11, 7pm
O2 Academy, Oxford
BIG D AND THE KIDS TABLE
Big D and the Kids Table has paved their own way, spreading their explosive music around the world. Beginning as a ska-punk band in 1996 the group has released over 13 albums, ranging in style across dub, thrash and reggae.

Fri, Aug 12, 10pm
O2 Academy, Oxford
BERES HAMMOND
One of Jamaica's greatest singer songwriters and the ultimate Lovers Rock singer, Beres Hammond has pioneered soulful reggae music since his career began over 40 years ago. Beres' beloved hit-filled repertoire, spread across a massive 26 studio albums, is a journey that every music lover should take a trip through; from soul and funked up reggae jams, dancehall, rock steady and of course the love.

Fri, Aug 12 – Sun, Aug 14
Cornerstone Arts Centre, Didcot
HIGH SCHOOL MUSICAL
Cornerstone's summer school takes to the stage. There's trouble at East High School when new student Gabriella has found her way to being a brainiac and a great singer. In Disney's smash hit show anything goes but eventually everyone realises that being yourself and having your own identity is best.
Up to 50 local young people perform in this fast paced, fun show! This is a joint project between Cornerstone and Arts Academy Theatre School.
Performances are taking place on the following dates:

Sat, Aug 13, 7pm
O2 Academy, Oxford
BETTER THAN NEVER

Mon, Aug 15 – Fri, Aug 19
The Theatre, Chipping Norton
TAKE PART SUMMER: DRAMA WEEKS FOR 8 – 12
Working with theatre professionals, participants will develop a piece of theatre together and learn how performances transfer from the rehearsal room to the stage. The week culminates in performances on our stage at 6.30pm on Friday.

Tue, Aug 16, 7.30pm
O2 Academy, Oxford
HAYSEED DIXIE
Performing a combination of original compositions and bluegrass

cover versions of hard rock songs, Hayseed Dixie are acknowledged as the creator of the musical genre 'rockgrass'.

Tue, Aug 16, 7.45pm
The Theatre, Chipping Norton
JOSH WIDDICOMBE
Josh Widdicombe, that guy from

COMEDY

the TV comedy shows with the curly hair, is back on the road with a brand new tour. Since he's been away from stand up Josh has been working hard on other things but don't worry, in his spare time he has found a lot of minor things to get annoyed about, and now he has a chance to talk about them on stage.

Fri, Aug 19, 7pm
O2 Academy, Oxford
DEATH OF THE MAIDEN

Sat, Aug 20, 2pm
The Mill Arts Centre, Banbury

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From 6:00pm, Oxfordshire News Now brings you:

Thursday 28th July: Mark Stavers ending violence against children worldwide
Friday 29th July: Lawrence Prestidge is a drama teacher who has published his first book

On Talk Oxfordshire this **Thursday, Beverley Sunderland** talks business, **Emma-Jane Taylor** talks health and fitness, **Monday Robin Shuckburgh** talks food and drink, **Tuesday** It's a current affairs discussion with **Daisy Smith**, and on **Wednesday Eve Ahmed** talks all things community.

PLUNDERED
Whilst searching for hidden treasure, Captain Blackbeard, a famously selfish pirate, has left a once beautiful tropical island littered with rubbish and its inhabitants struggling to survive. It's up to Maggie and Roy to save it. The trouble is… they're REALLY not friends. Teleported from their school trip at the Maritime Museum into the centre of a swashbuckling adventure in the Amazon, can they learn to work together, win the race to find the legendary treasure - and restore the place to its natural glory?

Tue, Aug 30, 7.30pm
The Mill Arts Centre, Banbury
TRUMBO
In 1947, Dalton Trumbo (Bryan Cranston of Breaking Bad fame) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs.
This star-studded film recounts how Dalton used scripts and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled celebrities including gossip columnist Hedda Hopper (Helen Mirren), John Wayne and Kirk Douglas.

Tue, Aug 30 – Sat, Aug 3
New Theatre, Oxford
THE GLENN MILLER STORY
It's been seventy years since Glenn Miller vanished over the English Channel as he flew to Paris to entertain the troops during the Second World War. Did he crash? Was he shot down? Will the mystery ever be solved?
Brought to the stage in a brand new musical spectacular, is the life, fame and vanishing of America's most famous big band leader .
Music legend TOMMY STEELE, Britain's first rock n' roll icon who became our greatest ever song and dance man, commands the stage as only a very great star can in this extraordinary tale of the world's most famous big band leader, featuring a spectacular 16 piece orchestra plus a full supporting company of sensational performers and dazzling choreography.
Tommy's legendary career boasts countless hit singles, Hollywood movies and award-winning stage musicals such as Half a Sixpence, Hans Andersen and Singin' in the Rain at the London Palladium, where he was recently honoured with a prestigious plaque celebrating the fact that he remains the theatre's most successful ever star.

Wed, Aug 31, 8pm
Cornerstone Arts Centre, Didcot
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TAY JUL16

ENTERTAINMENT & LISTINGS

Shan's mission is to make us Smile with her music

FOLLOWING her stellar performance at Bicester Village at the start of July, singer-songwriter Shan Smile is returning to the outlet shopping centre on Thursday, August 4.

By **James Richings**

The entertainer is coming back to Oxfordshire to perform tunes from her debut album and EP, accompanied by pianist Nick Gilmore.

And despite not yet being a household name, Shan is optimistic that her future is bright and hopes her acoustic set at Bicester Village will encourage audience members to check out her self-penned tracks.

Shan will also perform a number of covers from the pop, soul, reggae and folk genre.

"There are a lot of exciting times ahead," Shan said. "The inspirations behind my songs are a mixture between life experiences and my imagination and I think the imagination part makes it even more interesting.

"And one of the best things about performing to an audience is that it reminds you that you're on the right path and the reason you do what you do is to bless others with your gift.

"It's definitely a grateful feeling and it is very rewarding, as there is a lot of preparation and practice that goes into each of my performances."

From a young age, Shan has been surrounded by music.

Shan's father had a huge interest in the pastime, which saw her witness her dad play a number of different instruments and frequently jam with his friends.

This prompted the aspiring musician to take up music as a hobby, which ultimately became her job.

After years of studying the subject at the BRIT School for Performing Arts and Technology, while also attending Middlesex University to do a course in music business and management, Shan insists that becoming a success in the music industry was down to good fortune, but about grafting to get to your award.

"The hardest challenge of my career is making that decision within myself to become an artist, as a singer is someone who wants to pursue her dreams and make it despite life's challenges," she said.

"You have to have a lot of belief in yourself to stand this industry."

She added: "Working on my current EP project is taking a lot of hard work and I have to tell myself everyday that I can do it as it is very challenging."

Her Bicester Village gig is free, starting at 4pm and lasting for about four hours.

• Shan Smile

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Behind the wheel of the powerful Jeep Cherokee 2.2 Multijet 200hp 4WD Auto Limited

Top rate engine but lacks soul

POWER AND EFFICIENCY:
The Cherokee is fitted with the new 2.2 MultiJet II engine that delivers 200 hp at 3500rpm and has a torque rating of 440 Nm at 2500rpm - making it one of their best engines to date.

Top speed comes in around 127mph and it can accelerate from zero to 62mph in around 8.5 seconds. Average combined fuel consumption figure comes in at a decent 49.6mpg with CO2 emissions of 150g/km.

OFF ROAD:
I will steer away from my normal on-road review and talk a little bit about how the Cherokee faired off the tarmac. Actually – It did rather well. It will never beat a Range Rover – but it was pretty good I have to say. Jeep's Active-Drive four-wheel-drive system is very good and did not really struggle in most places off road and I never once got stuck – which is great news.

INTERIOR & TECHNOLOGY
Inside the Jeep looks ok, but I just don't get the sense of feeling cocooned. Yes it's nicely set out – but it just doesn't make me think Wow!

By **Anthony Yates**

Don't get me wrong – the seating and materials used inside are of a good quality and I would be very happy if I had bought one, but I just feel the Cherokee is missing that little bit of 'soul' - the feeling is a bit like thinking you are going on a date with Salma Hayek and when you arrive you find out that actually you have been misinformed and your new host will be the one and only Dot Cotton.

Some of the standard equipment on the Cherokee Limited includes; keyless entry, rain sensitive wipers, automatic HiD Bi-Xenon headlights, cruise control, next generation front airbags, dual zone climate control, leather interior, nine speakers with subwoofer (Alpine), Uconnect 8.4" DAB Radio with integrated Bluetooth with USB.

SAFETY:
The Cherokee also has a five-star Euro NCAP safety rating which makes it class leading among the mid-size SUV market. My test car was also fitted with the option of the 'Technology Group' pack. This pack includes advanced brake assist, lane departure warning plus, full speed forward collision warning plus, adaptive cruise control, as well as mirror with blind-spot monitoring function, and a rear parallel parking assist system.

TO SUM UP:
The Cherokee is a decent 4X4 with the attraction of its high specification levels and a decent ride that is quiet and refined– I just wish Jeep could give the Cherokee a little bit more 'soul'.

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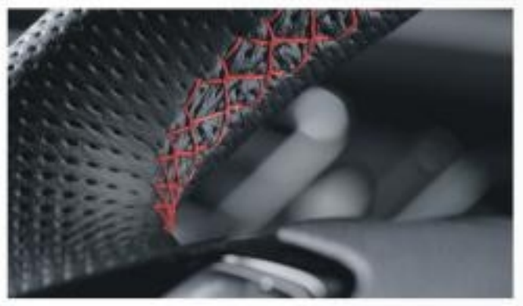

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65/15	Volvo V40 R-Design Lux 2, Osmium Grey with 6,050 miles	£15,990.00
65/15	Volvo V40 Lux 1.6, Osmium Grey with 3,479 miles	£16,490.00
15/15	Volvo V40 R-Design Lux Nav 2, Electric Silver with 9,772 miles	£16,490.00
64/14	Volvo V40 D2 R-Design Lux 1.6, Osmium Grey with 17,000 miles	£16,790.00
65/15	Volvo V40 D2 R-Design Lux 1.6, 452 Black Sapphire with 4,252 miles	£16,990.00
64/14	Volvo V40 T2 SE Lux Nav (Winter Pack) 1.6, Osmium Grey with 11,000 miles	£16,990.00
14/14	Volvo V60 D5 SE Lux Nav (Winter Pack, Family Pack) 2.4, Savile Grey with 18,200 miles	£17,750.00
65/15	Volvo V40 D2 R-Design Nav (Winter Pack) 2, 714 Osmium Grey with 5,500 miles	£17,890.00
15/15	Volvo V40 D4 SE Lux Nav (Winter Pack & Park Assist) 2, Osmium Grey with 12,400 miles	£18,490.00
65/15	Volvo V40 D4 R-Design Lux Nav (Winter Pack, Park Assist) 2, Onyx Black with 7,800 miles	£19,290.00
65/15	Volvo V40 R-Design Lux (Winter Pack, 19" Alloys) 2, Osmium Grey with 5,100 miles	£19,490.00
65/15	Volvo V40 D3 R-Design Nav (Winter Pack, Park Assist) 2, Onyx Black with 9,000 miles	£19,990.00
65/15	Volvo S60 SE Lux Nav 2, Electric Silver with 9,500 miles	£19,990.00
16/16	Volvo V40 D2 Lux 2, Flamenco Red with 40 miles	£20,490.00
63/13	Volvo XC70 SE Lux (Winter Pack, Driver Support Pack) 2.4, Flamenco Red with 20,700 miles	£21,990.00
13/13	Volvo XC60 R-Design Nav 2.4, Black Sapphire Metallic with 28,000 miles	£21,990.00
65/15	Volvo V40 D3 R-Design Nav (Xenium Pack, Driver Support Pack + More) 2, Osmium Grey with 5,000 miles	£21,990.00
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15/15	Volvo XC60 R-Design Lux Nav 2.4, Ice White with 12,436 miles	£28,990.00
65/15	Volvo XC60 D4 SE Lux Nav (Driver Support Pack, Winter Pack) 2.4, Ice White with 10,850 miles	£29,490.00
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65/15	Volvo XC90 D5 Inscription (IntelliSafe Pro, Winter Pack) 2, Onyx Black with 13,200 miles	£45,990.00
16/16	Volvo XC90 D5 R-Design 2, Electric Silver with 3,000 miles	£52,990.00

Volvo V40 Lux 1.6,
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£16,490.00

Volvo XC60 R-Design Nav 2.4,
Black Sapphire Metallic with 28,000 miles

£21,990.00

Volvo XC90 Momentum (IntelliSafe Pro,
Winter Pack) 2, Savile Grey with 1,000 miles

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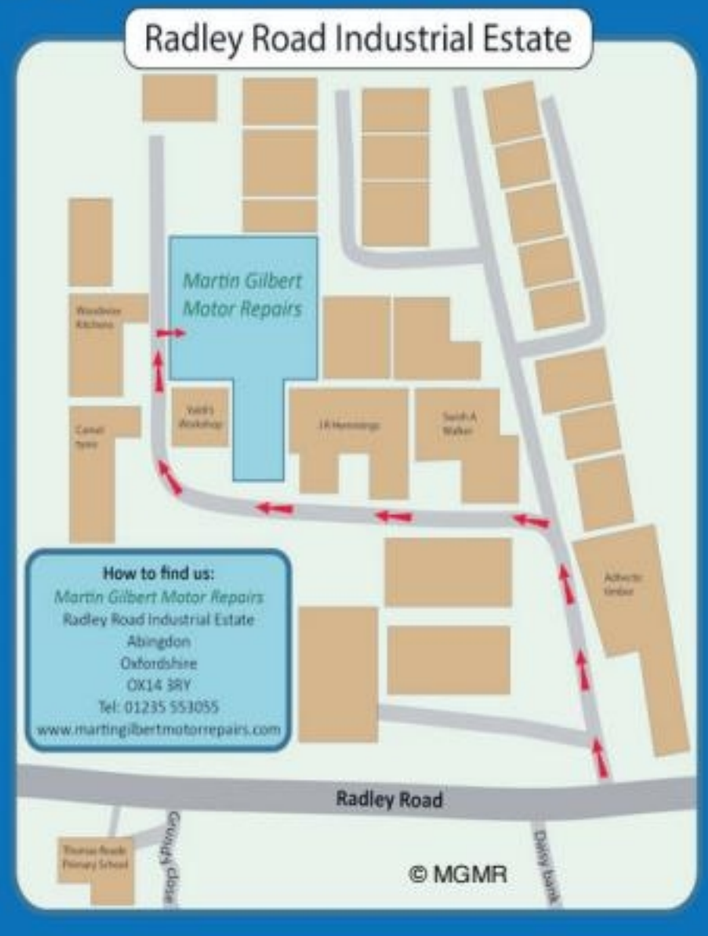

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APR	5.9% APR
Duration of Agreement	36 months
Option to Purchase Fee	£10.00
Annual Contracted Mileage	10,000
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Interest Rate p.a Fixed	5.68%

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Amount of Credit	£19,710.00
36 Payments	£299.16
Final Payment inc. Option Fee	£11,765.61
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SB32268 / 1.8.16

Seat Leon 1.4 S

Year: 2010 / 10
Miles: 59,000
MOT: June 2017
Colour: Black
Price: £5,000

HPI clear, no accidents, warranted mileage, company sale due to retirement. Full Seat service history, last serviced at 57,000 miles. Just 2 former keepers, 2 keys, ABS A/C. Stunning looking excellent condition inside and out.
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SB32231 / 03.08.16

Citroen DS4 1.6 e-HDI 115 DStyle

Year: 2014
Miles: 12,000 approx
MOT: March 2017
Colour: White
Price: £10,795 ono

Diesel, excellent condition, Fortron Paint & Fabric Protection inc Saturday club, Leather seats, 1 owner from new. Private sale, no canvassers.
Tel: 07944 918 410

Ford Fiesta

Year: 2006
Miles: 52,800
MOT: Sep 2016
Colour: Red
Price: £1800 ono

1.25 Petrol 3 door, In excellent condition.
Tel: 07501 369 487

SB31979 / 10.08.16

Ford Puma 1.7 Coupé

Year: 2000 / X
Miles: 105,000
MOT: Dec 2016
Colour: Black
Price: £300

1.7, 5 speed, petrol, eood engine, a/c, e/w, CD stereo, genuine miles, 2nd Lady Owner, Gd SH/Interior, spare key, manuals, driveway parked. Priced to sell. Private Sale. Banbury area. Tel 07967 054 360.

SB32323 / 10.08.16

Ford Mondeo Ghia estate 2.0

Year: 2001 / Y
Miles: 103,000
MOT: March 2017
Colour: Blue
Price: £1,100 ono

Full service history (14 stamps), Air-con, climate, 6 cd auto changer, roof bars, tow bar, 4 new tyres, alarm, central locking, alloy wheels, 2 previous owners. Well maintained. Tel. 01869 340656

SB32232 / 03.08.16

Jeep Cherokee Turbo 2.5 Sport Diesel

Year: 2000/W
Miles: 104,000
MOT: April 2017
Colour: Green
Price: £900 ono

2.5 Sport Diesel Turbo. £900 ono, cash only please.
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SB32341 / 10.08.16

Chevrolet Captiva 2.4

Year: 2008/57
Miles: 48,000
MOT: 12 months
Colour: Brown
Price: £5,295

Excellent condition, very spacious, full service history, lots of extras.
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SB32343 / 10.08.16

Kia Sedona 2.9 Diesel

Year: 2004
Miles: 78,000
MOT: May 2017
Colour: Blue
Price: £1,550 ono

Mercedes Engine, 7 seater, very nice family car. Tow Bar, MOT, very good runner. £1,550 ono or will exchange for a smaller car. Tel. 07864 673 820

SB32270 / 10.08.16

Peugeot 208 1.4 HDi Active

Year: 2013.13
Miles: 32,000
MOT: Full
Colour: Blue
Price: £6,995

1.4 manual, diesel, 5 door, air con, 1 owner, DAB, FSH, airbags, PAS.
Tel: 01865 326666. Trade.

LH / 28.07.16

Skoda Octavia 1.6S TDI CR

Year: 2010/60
Miles: 64,000
MOT: Full
Colour: Grey
Price: £5,995

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Year: 2007/07
Miles: 91,500
MOT: Full
Colour: Silver
Price: £2,390

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SC / 28.07.16

Peugeot 207 1.4S

Year: 2008/58
Miles: 34,500
MOT: Full
Colour: Red
Price: £3,450

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FREE 3 month warranty. Tel: 01869 331441. Trade.

SC / 28.07.16

Peugeot 206 Coupe Cabriolet 2.0 Petrol

Year: 2005
Miles: 48,893
MOT: May 2017
Colour: Metallic Blue
Price: £1695 ono

Lady owner, garaged, very low milage, electric retractable roof, air con, full leather interior, alloy wheels, wind stop, full service history, excellent condition. Tel: 01367 244541 Private sale.

SB32436 / 17.08.16

2003 KIA Magentis 2L Petrol

Year: 2003
MOT: April 2017
Colour: Silver
Price: £295 ono

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SB32592 / 24.08.16

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BESWICK parrot figure number 930 on base £10. Tel. 07592 393 274

SANDYMAN Port Bottle by Wedgwood, rare white one, normally black, £15. Tel. 07592 393 274

SEVEN pub tin trays, Carlsberg, Coke, two Fosters, Skoll, Whitbread, Heineken, £25. Tel. 07592 393 274

POOL cue and case, nice condition, £15. Tel. 07592 393 274

THREE Wade Nat West pigs, Woody, Anabelle and Maxwell, £10 each or £25 for three. Tel. 07592 393 274

SMALL cabinet with two glass shelves and paneled door. H45ins W25ins D11ins £10. Tel. 01993 704941

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LARGE metal cabinet, H73" W36" D20", £40 ono. Tel. 01865 748602

GAZELLE Gents bicycle, three speed, lights, rack, as new, quality bicycle, £125 ono. Can delivery locally for free. Tel. 07584 824 079

SIX half pint glasses, Captain Morgan Spiced ones with Captain motif on them, £5. Tel. 07592 393 274

SIX Stella Cider glasses, pine, one, £6. Tel. 07592 393 274

SIX Stella pint glass set, Chalice style, £6. Tel. 07592 393 274

HALIFAX collectable money box with Howard from the advert. £5. Tel. 07592 393 274

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NEW worktop cooker, £25. Garden leaf blower collector, £20. Ladies bike, gears, lights, £45. In good order. Tel. 07719 111 860

BSA, old, ladies, girls bikes, original green, rod brakes, 3 speed. Oxford. £45. Tel. 07933 688702. No texts.

PINE 3 drawer chest, good condition, 36" wide, 28" high, 18" deep, £25 ovno. Tel. 07753 398 430

OLD Portable HMV wind up gramophone, also oak floor stand for gramophone, £25b each. Tel. 07933 688702. No texts.

GOLF shoulder bag complete with 8 clubs, £15. Tel. 01993 843709

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SUITABLE for a project, 5 solid wooden dining room chairs, offers. Tel. 01865 554137

QUANTITY of Cotswold stones, suitable for rockery. Tel. 01865 554137

STONE sink, 21x15x8.5. £10. Tel. 01235 817112

MOBILITY Scooter, 3 years old, small, solid wheels, folds down, max speed 4mph, vgc, £500, Tel. 07748 900 397

VINYL LP. Elvis – C'mon Everybody, ex cond, £5. Tel. 01865 422313

VINYL LP. Julie Feli - flowers, ex cond, £5. Tel. 01865 422313

78 rpm record, Bill Hailey & His Comets – We're gonna rock around the clock, Decca label, £20. Tel. 01865 422313

VINYL LP, Cilla Black, Especially for You, excellent, mint condition, £5. Tel. 01865 422313

VINYL LP. Pentange - mind cond, £5. Tel. 01865 422313

GO Chef, used once, 8-1 cooker, £50 as new. Tel. 01865 820871

TWO deluxe sun loungers with mattress, very good condition, £50. Tel. 01235 814471

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CANDY under counter fridge, good working order, £20. Tel. 07963 777762

EXERCISE bike, B&H, £25 ono. Tel. 07880 764778

TOM Tom Sat Nav, £25 ono. Tel. 07880 764 778

SWING Minor Dressing Table, 3 drawers, matching chest of drawers, 4 drawers. 1970s BSS mark, solid light , spacious, H137cm / 80cm, W48cm, D 77cm, £70 ono. Buyer collects, quality, ex condition. Tel. 01993 70452

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LARGE collection of Wade Pub Jugs, £5 each or would do a deal for the lot. Tel. 07592 393 274

PUB mirror, large one, courage, best bitter, £10. Tel. 07592 393 274

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Spin costs Palmer the chance of scoring first points in Hungary

By **Adam Flinn**

JOLYON Palmer admitted he was "gutted" after a mid-race spin cost him what was looking like his first points in Formula One at Sunday's Hungarian Grand Prix.

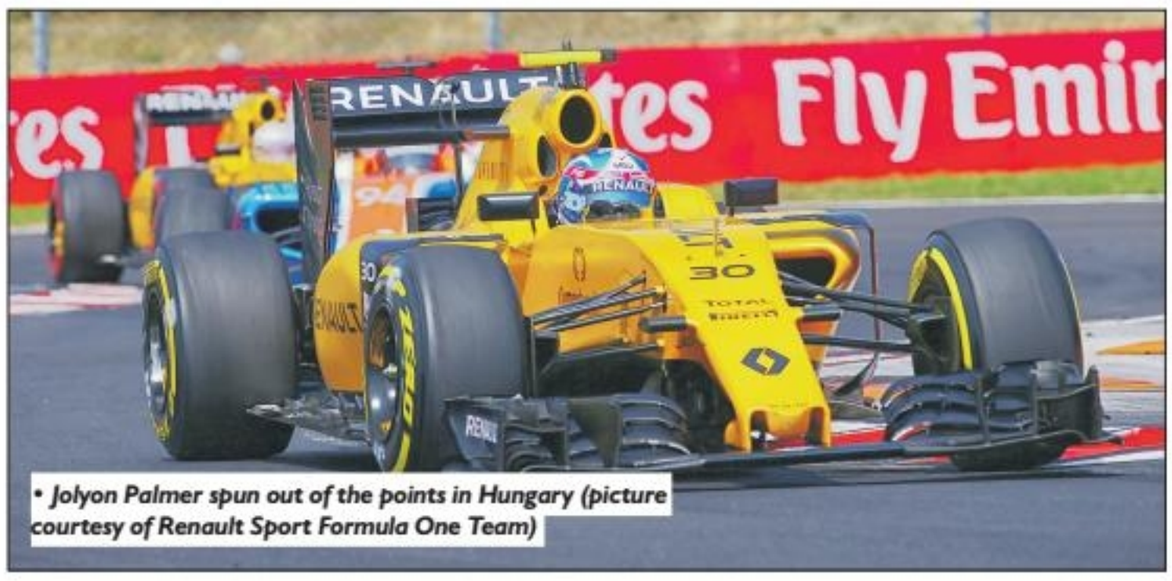
The Renault driver had just moved up to 10th place following Daniil Kvyat's pitstop and looked on course to secure at least one point for his efforts.

However on lap 47 he lost control of the rear of the car at turn four, pitching him into a spin and dropping him back to 13th, which became 12th after Esteban Gutierrez received a post-race penalty.

"I'm gutted as my first points in Formula One were there for the taking," said Palmer.

"I turned in the same as normal at turn four – I wasn't hanging everything out and I was looking after the tyres – but for some reason I lost the car in a massive snap.

"It was the best drive of my career and just one small spin took away those points."



• *Jolyon Palmer spun out of the points in Hungary (picture courtesy of Renault Sport Formula One Team)*

His team-mate Kevin Magnussen struggled to make up ground after a poor start, and brought his Renault home 15th.

Meanwhile, fellow Oxfordshire team Williams endured a disappointing race, picking up just two points for their afternoon's work as Valtteri Bottas finished ninth.

The Finn gained a position on the opening lap by overtaking Nico Hulkenberg, but aside from the pitstops remained there for the entire race.

And it was an even worse for Felipe Massa, who had to cope with faulty steering for all of the 70 laps, caused by a heavy shunt in qualifying the day before.

He ended up a lowly 18th after having to cope with a steering wheel heavy on one side and light on the other.

Rob Smedley, Williams' head of performance engineering, said: "I think we achieved the maximum we could with Valtteri, he drove a solid race, but the pace of the car is just not there.

"After Felipe's accident [on Saturday] the car was out of balance and he just couldn't get into a rhythm.

"These are tough times for the team. We have to knuckle down, be introspective, work as a team and start to understand how we're going to get more performance from the car."

And there were no points for either of the Banbury-based teams at Hungary, as Haas and Manor finished well down.

Gutierrez was the closest as he ended 13th, following a five second penalty for ignoring blue flags while being lapped by race winner Lewis Hamilton.

The blocking caused second-placed Nico Rosberg to close in on Hamilton, prompting the reigning world champion to give Gutierrez the middle finger when he eventually got past the Mexican.

Romain Grosjean was one place behind his team-mate in 14th, having had issues with the car's balance during the race.

And the two Manors of Pascal Wehrlein and Rio Haryanto trailed home in 19th and 21st positions respectively.

Drivers' championship standings

1. Lewis Hamilton	Mercedes	192
2. Nico Rosberg	Mercedes	186
3. Daniel Ricciardo	Red Bull	115
4. Kimi Raikkonen	Ferrari	114
5. Sebastian Vettel	Ferrari	110
6. Max Verstappen	Red Bull	100
7. Valtteri Bottas	**Williams**	**56**
8. Sergio Perez	Force India	47
9. Felipe Massa	**Williams**	**38**
10. Carlos Sainz	Toro Rosso	30
11. Romain Grosjean	**Haas**	**28**
12. Nico Hulkenberg	Force India	27
13. Fernando Alonso	McLaren	24
14. Daniil Kvyat	Toro Rosso	23
15. Jenson Button	McLaren	13
16. Kevin Magnussen	**Renault**	**6**
17. Pascal Wehrlein	**Manor**	**1**
18. Stoffel Vandoorne	McLaren	1
19. Esteban Gutierrez	**Haas**	**0**
20. Jolyon Palmer	**Renault**	**0**
21. Marcus Ericsson	Sauber	0
22. Felipe Nasr	Sauber	0
23. Rio Haryanto	**Manor**	**0**

No hurry to announce 2017 drivers

RENAULT are in no rush to confirm their driver line-up for 2017, team principal Fred Vasseur has said ahead of this weekend's German Grand Prix.

The driver market is in full swing as the teams continue their ongoing preparations for next year, with Ferrari and Mercedes having announced unchanged pairings in recent weeks.

But Vasseur would not be drawn into discussions about whether Kevin Magnussen and Jolyon Palmer will keep their seats with the Enstone-based squad in 2017.

He said: "We are at that time of year when we are asked these questions, but the questions and the speculation often happen before any decision is made.

"What I can say is we have two good drivers who are improving weekend after weekend.

"They are both doing a strong, solid job and work very well within the team, and we will make our decisions for 2017 in our own time."

At present Magnussen is expected to retain his seat, with speculation that Palmer may be replaced by the team's reserve driver Esteban Ocon.

Lynn insists 'things are on the up'

OXFORD-based GP2 driver Alex Lynn said his DAMS team has "made a lot of progress" despite suffering a miserable two races in Hungary at the weekend.

A disappointing 12th place in the feature race after a poor qualifying session left him well down the order was followed by a lap one crash in the sprint event, after he got caught up in a series of collisions when Arthur Pic spun at turn two.

It was Lynn's second non-points scoring weekend in a row, and he has dropped down to 11th in the standings as a result.

But despite the problems, Lynn is optimistic that DAMS is on the up and the results will start improving soon.

He said: "Things have gone badly for me and the DAMS team in recent rounds, but the main thing for me in Hungary is that we really seem to have turned a corner.

"By the end of first practice, my car was almost completely different to how we'd started the session, and our pace improved very quickly.

"Hopefully our bad luck is out of the way now and we can kick on a Hockenheim [this weekend]."

• *Hungary was another fruitless weekend for Alex Lynn*

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Oxford mauled by Bears in League One Shield fixture

IT was a bad day at the office for Oxford RL after being mauled 48-6 by Coventry Bears in the first round of the League One Shield.

On a scorching hot day at Butts Park Arena in Coventry, the Blues surrendered to their fifth consecutive defeat.

The game began with the Bears setting the pace of the match, but it wasn't until 10 minutes in that full back Charlie O'Mara was able to inflict Coventry's first blow to their visitors.

O'Mara scorched through the line untouched before Joel James kicked the conversion.

Oxford fought back but never really troubled the Bears' line, and the hosts were 12-0 to the good on 18 minutes.

The Bears kept building pressure and, after some aggressive and quick forward play, Eddie Medforth flew onto the end of a pass to make it 16-0.

Oxford fought well and were back in the game on 32 minutes when a Luke Gardiner break from his own half set up Casey Canterbury to go under the posts.

Scott Fleming added the conversion, leaving the score at 16-6 at half-time.

But Coventry asserted their quality in the second half with tries from Matt Reid, Alex Beddows and Jack Morrison extending their lead to 40-6.

And Medforth completed his hat-trick when he touched down twice more to bring the score to 48-6.

• There were scorching hot conditions at the Butts Park Arena (picture courtesy of @Oxford_RL)

U's Women slide to triple loss despite digging deep

By **Dominic Thomas**

OXFORD United slipped to a third successive FA Women's Super League 2 defeat after going down 1-0 at home to Everton.

Despite a vastly improved performance over recent displays against London Bees and Watford, the end result was the same as Emily Hollinshead's scrappy goal gave the visitors victory.

Les Taylor's side faced an uphill struggle from the start, with the combination of illness and unavailability leaving the manager with a depleted squad to choose from.

Both sides started brightly, with the opening stages of the match played at a furious tempo.

Goalkeeper Demi Lambourne was kept busy by Everton's dangerous strike force, but she proved equal to the task, tipping wide Rosella Ayane's ambitious 25-yard strike after nine minutes.

At the other end, United had opportunities to get in behind the Everton defence, but were unable to capitalise.

Ini Umotong played in Ella Franklin-Fraiture with a gorgeous ball over the top, but the U's midfielder was denied by the offside flag before she could lob the onrushing goalkeeper.

Umotong herself got the wrong side of the visitors' defence as she raced onto a long ball forward, only to be hauled down on the edge of the box.

The resulting free-kick from Ellie Noble was just inches over the bar.

As the first half wore on the visitors began to take control, but found themselves frustrated.

Chloe Kelly missed the target twice in quick succession from close range before Lambourne denied both Claudia Walker's well-struck shot in the 34th minute and Krystle Johnson's strike just a moment later.

The second half couldn't match the intensity of the first.

United looked at their most dangerous when on the break.

Umotong burst free before picking out Franklin-Fraiture with a superb ball, but the United winger's shot was tame and easily gathered by the goalkeeper.

Everton took the lead with just 13 minutes to play in scrappy fashion.

United failed to deal with a corner, allowing substitute Emily Hollinshead to scramble home at the back post.

The exhausted U's were unable to threaten an equaliser.

• Oxford and Everton take to the field (picture courtesy of OUFCW)

Oxford Half Marathon start line switched

• Last year's race was a sell-out (picture courtesy of @oxfordhalf)

ORGANISERS of the Vitality Oxford Half Marathon have announced the start for the 2016 event will move from St Giles' to Broad Street.

They say the move aims to "further enhance its spectacular city start and finish, while still taking in the many historical sights of Oxford".

The 13.1-mile route will see competitors run from Broad Street and onto Magdalen Street, St Giles', Parks Road, South Parks Road, Mansfield Road, Jowett Walk, and St Cross Road.

They will then run almost the full length of Banbury Road, before turning around at Carlton Road, running back down Banbury Road and heading east down Marston Ferry Road.

The final mile in the city centre takes in Holywell Street, Catte Street and the iconic Radcliffe Square and Turl Street before runners enter Broad Street again for the home straight.

Peter McQuitty, Oxford City Council's head of culture, said: "The city and county councils are working with organisers to make the Vitality Oxford Half Marathon a world-class event that will be enjoyed equally by runners, onlookers and local residents.

"With its iconic backdrop and flat route, there is no reason why the half marathon cannot be one of the best half marathons in the world."

• To view a map of the route, go to oxfordshireguardian.co.uk

Injury will not hold back Bicester javelin thrower

FEW get the opportunity to have an Olympic medallist in their corner, and javelin thrower Freddie Curtis is desperate to make the most of his golden chance.

After being contacted by Steve Backley on Twitter, Curtis has been receiving tips and advice from the fellow Brit who took silver medals in the Atlanta and Sydney Olympics.

Ranked second in Britain, Curtis' progress was put on hold when shoulder surgery ruled him out until at least 2017.

But despite being forced to watch on, the 21-year-old from Hardwick, near Bicester, believes Backley's influence has been instrumental so far.

Curtis said: "He's been there, done it all so I'm very lucky to be able to tap into that experience and hopefully I can make the most of it when I come back from injury."

A member of the SSE Next Generation programme of athletes handpicked by former Olympians, Curtis benefits from financial support and advice from top athletes, including on nutrition and media work from Paralympic sprinter Libby Clegg.

And the 21-year-old believes it is experiences like that which will stand him in good stead for the rest of his career.

He said: "It's great to be one of the lucky few athletes who get to be part of the scheme. They offer so much, not just financially, but with other areas as well."

• Freddie Curtis in action (picture courtesy of @FJCurtis)

Do you have a sports story?

Contact the sportsdesk at *sport@oxfordshireguardian.co.uk* or on 01235 516932

Championship side Brighton put the Yellows to flight

Oxford outclassed by Seagulls

By **George Welch**

OXFORD United were outclassed by Championship side Brighton and Hove Albion in their last home pre-season game on Tuesday night.

Brighton's class showed from the start as they asserted dominance through neat passing play, with Anthony Knockaert, Tom Cadman and a Tomer Hemed brace proving the difference.

The tone of the game was set within the first 20 minutes as the East Sussex side created a flurry of chances.

New signing Simon Eastwood kept out a Beram Kayal effort from distance on four minutes and he had barely caught his breath before he thwarted a powerful Sam Baldock drive, who had found himself in space from a Glenn Murray backheel.

Just seconds later, Murray fired over from a Liam Rosenior cross on the right byline before he missed a gilt edged chance from close range following more good work by Rosenior.

And Brighton duly took the lead on 18 minutes when Knockaert was picked out by Jiri Skalak on the left wing.

The Frenchman turned the Oxford defence and slotted calmly beyond Eastwood into the bottom left corner.

Chris Hughton's men should have doubled their advantage just six minutes later when Chey Dunkley brought down Baldock in the penalty area – but Murray fired wide from 12 yards.

Knockaert pounced on sloppy defending shortly after the restart to run through one-on-one, only to meet Eastwood who was off his line instantly to deny the attackers' second of the night.

In typical pre-season fashion, the match lulled in the second half with mass substitutions stifling the flow after the hour.

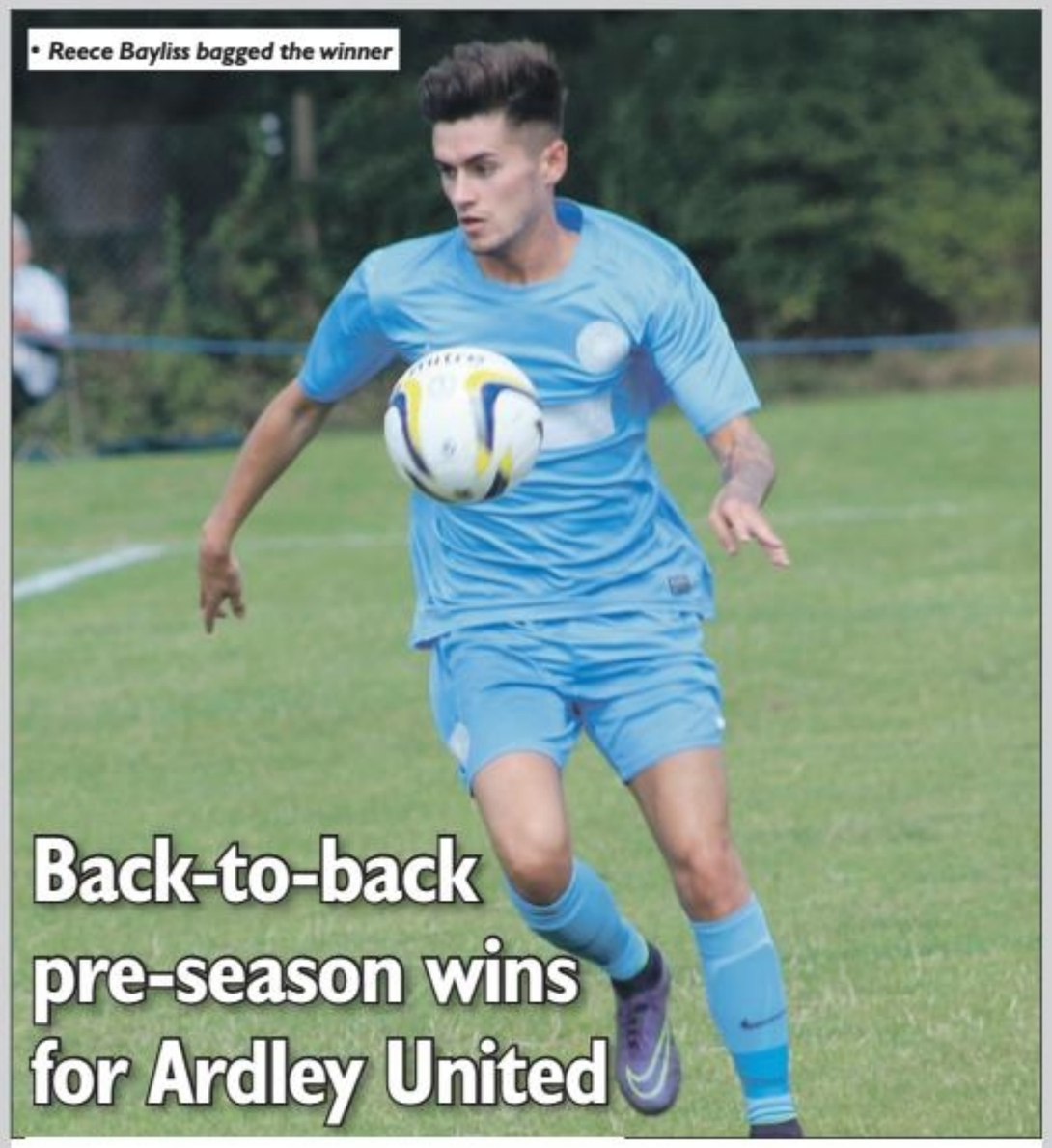
But United were still made to pay for a lacklustre performance.

Cadmen prodded home from close range on 67 minutes, nine minutes before Brighton, who finished third in the Championship last season, put the game beyond doubt when a pinpoint Jamie Murphy cross provided Tomer Hemed with the opportunity to thump home the visitors' third of the night.

The same combination added icing to the cake with almost a carbon copy of the third goal with five minutes remaining.

Head coach Michael Appleton said the only positive about the night was that "there weren't any points up for grabs".

• Simon Eastwood punches clear (picture courtesy of Steve Daniels)



• Reece Bayliss bagged the winner

Back-to-back pre-season wins for Ardley United

ARDLEY United followed their 9-0 win over Buckingham Athletic last week with a more sedated 1-0 pre-season win at Hanworth Villa on Saturday.

Reece Bayliss proved the match winner, scoring the solitary goal in a game of very few chances.

The visitors dominated the first half, but Hanworth did venture out a bit more after the restart. Yet neither Ardley keeper had a save to make in the 90 minutes.

The Hellenic League Premier Division created chances but could not quite get the ball in the net, wasting chances in front of goal with the crossbar denying the visitors in the second period.

Just two minutes in an Adam Morris corner was headed just wide by Chris Jackson, and four minutes later a similar routine saw Joel Meade fire over the top.

Ardley scored the only goal after 10 minutes when Bayliss slotted home a right wing cross from Mat Cruse.

A ball up to Troy Bryan saw him cushion the ball into the path of Elias Katsoloudi who struck first time and his effort curled into the keeper's gloves.

The home side had a sniff in the final minute of the first half, when a through ball in behind the United defence was cut out by a well-timed tackle from Chris Jackson just before the striker had a chance to test the 'keeper.

A few half chances came and went for Hanworth, but they could not break down a resolute Ardley defence, and each opportunity that did come along were either blocked or sent over the top.

Fans' bid to buy match day tickets for children in care

A CAMPAIGN by Oxford United fans to pay for Oxfordshire children in care to watch the team in action at the Kassam Stadium has passed the £5,000 mark.

'One of Our Own' is organised by OxVox and the Oxford United Community Trust to fund over 1,000 match day tickets for Oxfordshire children living in care.

A total of £5,745 has been raised of a £6,220 target to reach by July 31 to secure places for 40 young people and 10 carers to be at every home game.

There are over 600 children in Oxfordshire 'looked after' by the county council, with countless more made vulnerable by family upheaval or neglect.

Kemar Roofe's signed home shirt – a donation made by an OxVox member - is currently being sold for over £400 and there have been three bids of over £350 for framed JPT Final Shirts.

Simon Bradbury of OxVox said: "We are so grateful to the amazing donations from the fanbase and wider community, which have enabled the Trust to nearly achieve its aim in being able to purchase season tickets for children in care or children on the edge care in Oxfordshire.

"We should not underestimate the difference that we are all able to make, we will be bringing hope, aspiration and love to children who have not had the best start to life."

• U's fans are making a difference to disadvantaged children

Sport Bites

Debut contest

AMERICAN FOOTBALL: Oxford Saints' women's team are competing in their first ever tournament.

The women's side, which only started in May, are competing in the Summer Series 2016 Flag Tournament over three weekends in Northampton.

The competition of nine teams began on Saturday with the remaining two game days on August 6 and August 27.

Oxford endured a shaky start, losing all three of their matches on the first game day.

False start

ATHLETICS: Rio bound Oxfordshire hurdler Lawrence Clarke was disqualified from the 110m hurdles final at the Anniversary Games after a false start on Saturday.

But the Watlington hurdler is not too downhearted.

He tweeted: "Today I committed the cardinal sin of false-starting. Never happens and damn I was ready to run fast! Next stop Rio to right the wrongs."

Meanwhile, Oxford City's Nathan Douglas could only finish ninth in the triple jump in the tenth Diamond League meeting of the season.

Captain returns

ICE HOCKEY: Oxford City Stars have announced the return of fans favourite Nick Oliver.

Oliver started his career in the junior ranks, and continued to play for Oxford as a senior.

The 30-year-old forward said: "I'm really happy to be back, last season we improved so much and I really wanted to be a part of us pushing forward even further."

The club captain has made over 173 appearances, scored 76 goals and provided 143 assists for the Stars.

Youth team draw

FOOTBALL: Oxford United's development squad played out a 1-1 draw away at Bath City on Saturday.

United's young side took the lead through a second half James Roberts strike, but were pegged back by an Andy Watkins goal in the 77th minute.

The National League South side finished stronger and could have had a penalty when Watkins was upended.

Team GB sign-up

OLYMPICS: Banbury and District Canoe Club member Angela Hannah has been named in the Team GB squad for Rio Olympics.

Hannah will contest the K2 500m with crewmate Lani Belcher in her second Olympics.

The Zimbabwe-born 30-year-old has won a number of World Cup canoeing medals including gold in K2 200m and bronze in K4 500m in 2014 and K2 200m gold in 2015.

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More Sport inside: F1: Spin costs Palmer first points | Rugby League: Oxford RL lose again | Athletics: Javelin thrower learns from the best

Negotiations continue as line-up not yet set, U's boss says

Places still open as season draws near

By **Dominic Thomas**

OXFORD United coach Michael Appleton says there are still places up for grabs in his starting side as the Us head into their last pre-season fixture.

Speaking after a disappointing 4-0 loss to Brighton and Hove Albion on Tuesday night, Appleton said there are still opportunities for players to impress him.

He said: "Last pre-season, losing at Woking was a kick up the backside for one or two players and it probably cost one or two of them their place in the side if I'm honest.

"At this point I would have preferred to be 100 per cent nailed down as to what I think my starting XI is. As it stands at the minute I probably know seven or eight.

"So there's a little bit of work still to do, and there's still an opportunity for some of the players that are in the building."

As the Guardian went to print Appleton said he was expecting two extra additions to the squad before the end of the week, including a loan signing: "We're in negotiations with two players and their representatives.

"There was talk of getting it done before the game today [Tuesday night]. Certainly tomorrow [Wednesday] we're expecting one to be done, and hopefully by Thursday the second will be done."

He added: "It is frustrating but its part and parcel of the process.

"There will be managers up and down the country going into the season who still have two or three players missing from where they want to be.

"I hope that's not the case for us and I don't think it will be, but the reality is that the window is open until August 31 and the season kicks off on the 6th."

Appleton also shared his views on the squad's pre-season form after the test against Brighton: "It's been great. It's good for the players, it's almost an education for them. We want to strive to be where they are."

Oxford complete their friendly fixtures with a clash against League Two Barnet on Saturday.

"If we can pass the test [against Barnet] from a physical point of view on Saturday, I'd like to think that well be looking forward a little bit brighter," Appleton added.

The draw for the EFL Trophy, the rebranded Johnstone's Paint competition, was also made yesterday morning.

The reformatted competition will see Oxford face Exeter City, Chelsea under-21s and local rivals Swindon Town in Southern Group C.

• *For a full report on the match against Brighton, see inside*

• *Coach Michael Appleton with team physio Andrew Proctor (photo by Steve Daniels)*

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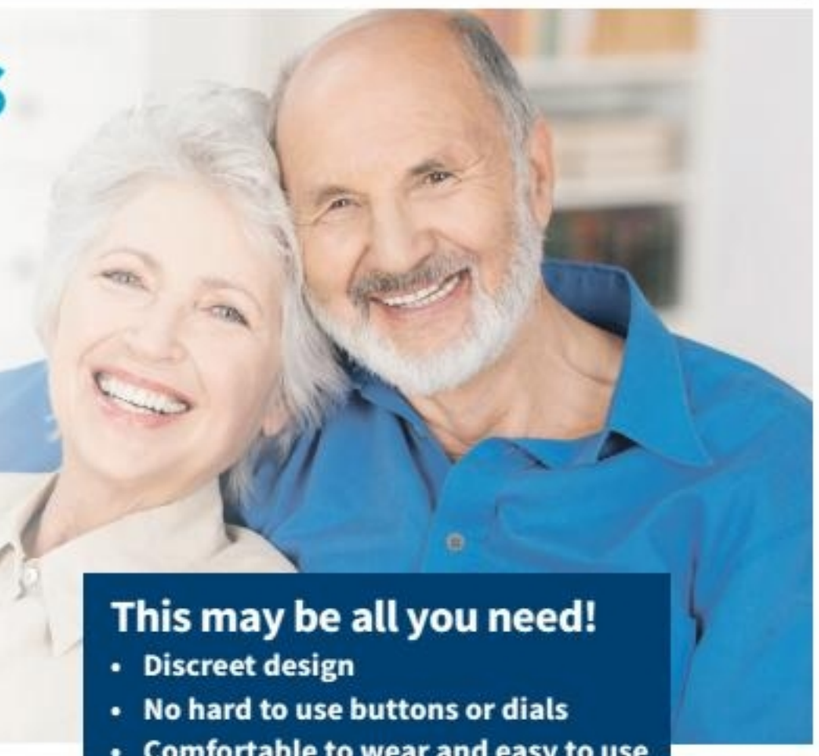

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